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AUTHOR Carey, Kathryn L.; And Others
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ABSTRACT

This annotated bibliography identifies materials appropriate for persons planning to implement preretirement planning programs. Materials have been categorized by those subject matter areas commonly included in such programs. These include (1) general references, (2) consumer and financial affairs, (3) housing, (4) nutrition, (5) health, (6) mental health, (7) family and social relationships, (8) human sexuality, (9) death and dying, (10) work and leisure, (11) community resources, and (12) legislation and funding. (LRA)

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Preretirement Education Resource Materials Bibliography

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Kathryn L. Carey
Joyce S. Crouse
Claudia Durham

School of Home Economics
Eastern Illinois University
Charleston, Illinois

Sponsored by:

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INTRODUCTION

Technological advancements, a longer life expectancy for men, and changes in the social, economic and political climates in the United States in this century have resulted in an increasing number of persons retiring from work at younger ages. Many people today can expect to live 1/4 to 1/3 of their lives after they retire.

Traditionally most educational efforts have been aimed at helping people to prepare for some aspect of life before retirement age. As the number of retired persons has increased and as the problems resulting from lack of planning for this stage in the life cycle have surfaced, it has become evident that educational efforts should also be directed toward helping people plan for the retirement years.

This annotated bibliography identifies materials appropriate for persons planning to implement preretirement planning programs. Materials have been categorized by those subject matter areas commonly included in preretirement planning programs. These include general references, consumer and financial affairs, housing, nutrition, health, mental health, family and social relationships, human sexuality, death and dying, work and leisure, community resources, and legislation and funding.

SELECTED BIBLIOGRAPHY

GENERAL REFERENCES

Action for Independent Maturity (AARP). Retirement Planning Seminar. Washington, D. C.: American Association of Retired Persons, 1972.

A comprehensive package of materials for use in a preretirement education course. Eight topics are included: Challenge of Retirement, Health and Safety, Housing and Location, Legal Affairs, Attitude and Role Adjustments, Meaningful Use of Leisure Time, Sources of Income and Financial Planning.

Adler, Joan. The Retirement Book: A Complete Early-Planning Guide to Finances, New Activities, and Where to Live. New York: W. Morrow, 1975.

Retirement and how to minimize its effects. Emphasis on the hazards of retirement and suggestions on counteracting problems such as financial arrangements, living arrangements, leisure time and health maintenance.

Atchley, Robert C. The Social Forces in Later Life: An Introduction to Social Gerontology. Belmont, California: Wadsworth Publishing Company, 1972.

An introduction to the study of older adults. An overview of psychological and biological aging. Emphasis is on age changes in specific situations and society's response to the older population.

_____. The Social Forces in Later Life: An Introduction to Social Gerontology, 2d ed. rev. California: Wadsworth Publishing Company, Inc., 1977.

A comprehensive overview of social gerontology, the theories of aging, the impact of aging on psychological and physiological functioning, situational changes and their effect on older adults, and society's response to aging and its problems.

_____. The Sociology of Retirement. Cambridge, Massachusetts: Shenkman Publishing Company, Inc., 1976.

Overview of the evolution of retirement, attitudes and preparation for retirement, social roles, retirement decisions, retirement as a "rite de passage," income, and the consequences of and the future of retirement.

Bart, Pauline and Wilbur J. Cohen, et al. No Longer Young: The Older Woman In America. Institute of Gerontology. Ann Arbor: The University of Michigan, 1975.

A collection of papers presented at the 26th Conference on Aging, "Women: Life Span Challenges." A report of the present status of older women in our society.

Bellak, Leopold. The Best Years of Your Life: A Guide to the Art and Science of Aging. New York: ATHENEUM, 1975.

Addressed to older adults and their children. A "First Aid" book designed to help older adults understand their elderly parents and themselves. Focuses on solutions to the various problems of aging: family relationships, common problems of the elderly, psychological and physical changes, housing and living arrangements, economics and death and dying.

Bengston, Vern L. The Social Psychology of Aging. Indianapolis: The Bobbs-Merrill Company, Inc., 1973.

Focuses on individual behavior as it is influenced by external factors. Included is discussion on aging and personality characteristics and theories of aging.

Birren, J. E. The Psychology of Aging. New Jersey: Prentice-Hall, Inc., 1964.

An overview of research on the psychology of aging and age changes in psychological functions and abilities.

Blau, Zena Smith. Old Age in a Changing Society. New York: New Viewpoints, 1973.

Includes an overview of old age in modern society. A discussion of various aspects of aging such as: retirement, family and social relationships, identity and identity change in retirement and aging problems. Theories of aging and social roles included.

Bortz, Edward L. Creative Aging. New York: The Macmillan Company, 1963.

Includes the problems of aging, longevity, economics of aging, the social, physical, and psychological aspects of aging, retirement, and religion and aging.

Brotman, Herman B. Who are the Aged: A Demographic View. Institute of Gerontology. Ann Arbor: The University of Michigan, 1968.

Demographic review of the older population. Includes information about size of population, geographic distribution, health and marital status, housing and living arrangements, and economic situations.

Buckley, Joseph C. The Retirement Handbook: A Complete Planning Guide to Your Future. 5th ed. New York: Harper and Row, Publishers, 1973.

Contains practical information which can help guide preparation and planning for retirement. Discussion of specific needs includes financial security, living arrangements, leisure time activities, health, friendships and religion.

Burgess, Ernest W., ed. Aging in Western Societies. Chicago: The University of Chicago Press, 1960.

A survey of the problems of the elderly and their solutions in Western Society: employment, inadequate income, lack of adequate housing, poor medical and psychological treatment, lack of proper services, few meaningful relationships, changes in family relationships, and a decrease in meaningful activities in retirement.

Butler, Robert N. Why Survive? Being Old in America. New York: Harper & Row, Publishers, 1975.

A documented expose' of the grim realities of being old in our society. Society denies much of this well-documented horror in order to keep from facing the grim reality of aging for future generations. Suggestions for programs to improve the quality of life for the elderly are offered.

Cohen, Elias and Jacquelyne Jackson, et al. Minority Aged in America. Institute of Gerontology. Ann Arbor: The University of Michigan, 1973.

Current data about the status of Black and Indian elderly, the impact of the welfare system on these minorities and suggestions for social changes.

Cohen, Wilbur J. and David G. Gil. Social Security -- The First Thirty-Five Years. Institute of Gerontology. Ann Arbor: The University of Michigan, 1972.

A compilation of papers giving an overview of Social Security, probable changes in health and unemployment insurance, a discussion of old age, and survivors' and disability insurance.

Collins, Thomas. The Complete Guide to Retirement. Englewood Cliffs, New Jersey: Prentice-Hall, Inc., 1970.

The author, a syndicated retirement columnist, has interviewed and received letters from thousands of retired persons. He has used this information to write a guide to retirement in a very warm and easily read book. His understanding of and belief in an age group "..... who have lived through four major wars, income taxes, bathtub gin, and children ....." makes this book an interesting and informative book.

Topics covered are preparation for retirement, financial affairs, living arrangements, making spouses happy in retirement, health, leisure time, income supplementation, retirement alone, and conquering retirement worries.

Colley, Leland Frederick and Lee Morrison Colley. How to Avoid the Retirement Trap. Los Angeles: Nash Publishing, 1972.

An exploration of the common problems of retirement and specific advice on how to avoid these problems. The authors point out that 90% of the over two million older adults are caught in what they call the "Retirement Trap." This can be avoided by early planning and by early planning the authors mean the early thirties. People in their forties and fifties may have a more difficult time if they are just now starting their retirement plans.

Cottrell, William Frederick. Aging and the Aged. Dubuque, Iowa: Wm. C. Brown Company Publishers, 1974.

Discusses the processes of aging, such problems of the elderly as health, income, employment and retirement, social interaction and relationships, and religion.

Davis, Richard H., ed. Aging: Prospects and Issues. Fourth Printing. California: The University of Southern California Press, 1977.

Introduction to the various issues and aspects of aging. Specific issues and problems of the aged, social policy and legislation are presented. A detailed bibliography for student, professional, and general public use is provided.

Field, Minna. Aging with Honor and Dignity. Springfield, Illinois: Charles C. Thomas Publisher, 1968.

An overview of aging in our society, the impact of longevity, poverty and aging, health in older adults, the older adult and the family, living arrangements, leisure time, services to the elderly, and projection into the future of the older person and his chances of living in dignity.

Fillenbaum, Gerda G. and George L. Maddox. "Work After Retirement: An Investigation into Some Psychologically Relevant Variables." The Gerontologist 14 (1974): 418-419.

A study of healthy, financially secure male faculty members and their attitudes toward retirement, plans for retirement, work commitment, personality variables and peer relationships.

Gubrium, Jaber F. The Myth of the Golden Years. Springfield, Illinois: Charles C. Thomas Publisher, 1973.

Gubrium has developed a new socio-environmental approach to aging which he feels is a more inclusive approach to the sociology of aging than the activity and disengagement theories. His data is based on observations and interviews with 210 persons between the ages of sixty to ninety-four in Detroit. Focuses on the combination of individual and environmental factors in studying the behavior of older adults.

Hendricks, Jon and C. Davis Hendricks. Aging in Mass Society: Myths and Realities. Cambridge, Massachusetts: Winthrop Publishers, Inc., 1977.

A comprehensive coverage of the various aspects of aging. Topics included are health, employment, financial needs, retirement, family and living arrangements, and specific concerns of the elderly. Included are theories of aging, demographic information and trends in political movement.

Hepner, Harry W. Retirement - Time to Live Anew: A Practical Guide to Managing Your Retirement. New York: McGraw-Hill, 1969.

Addressed to the preretiree and the recently retired person who has adequate income and health, has been happily employed and would like to have more information about retirement from other retirees and researchers. The purpose of the book is to point out how some business and professional men have had positive retirement years and to stimulate others to become informed about and to plan for a positive retirement.

Hoyt, George Calvin. A Study of Retirement Problems. Saratoga, California: R and E Research Associates, 1975.

This doctoral dissertation gives a brief overview of retirement problems by experts on aging. In the second part of his dissertation, he examines retirement adjustment in a community of retired persons in a trailer park in Florida. His study focuses on socio-economic characteristics of the subjects, their reasons for migrating, resident's evaluation of retirement setting, living costs, and male subjects' problems in retirement.

Hunter, Woodrow W. Preparation for Retirement. rev. ed. Ann Arbor: The University of Michigan, 1976.

Designed to be used in preretirement education to stimulate discussion. Covers various aspects of retirement and situations which are common in retirement. An easy to read book.

_____. Preretirement Education Leader's Manual. Institute of Gerontology. Ann Arbor: The University of Michigan, 1978.

A manual to be used by preretirement educators who are conducting preretirement education programs. Contains course objectives, program and room arrangements, and session guides for planning and conducting preretirement education programs.

Hunter, Woodrow W. with the assistance of William J. Ennen. Preretirement Education Syllabus. Institute of Gerontology. Ann Arbor: The University of Michigan, 1978.

Designed to serve as a guide for preretirement educators. Contains methods for organizing and conducting the course, instructional units and suggested readings for each unit. Included are sample worksheets, assignment sheets, pre- and post-inventory, registration form and publicity flyer. Bibliography included.

Huyck, Margaret Hellie. Growing Older: Things You Need to Know About Aging. New Jersey: Prentice-Hall, Inc., 1974.

Includes information on changes in aging, sexuality, family relationships, work and leisure and the importance of personal space.

Jones, Rochelle. The Older Generation: The New Power of Older People. New Jersey: Prentice-Hall, Inc., 1977.

The author wishes to increase society's awareness of the effect of the older "population boom" on society. Written for the general public and the professionals to emphasize the importance of national changes in order to come to grips with this demographic increase. Topics covered include ageism, the aging process, cost of hiding the subculture, work and leisure and senior power.

Kaighn, Raymond. How to Retire and Like It. New York: Association Press, 1965.

The author, an executive of the retirement fund of a large organization, reports on thousands of interviews and observations of preretirees. Attitudes, in his opinion, have grown more positive toward retirement and preretirement planning. His practical information and advice about retirement is written in laymen's terms.

Kart, Cary S. and Barbara B. Manard, ed. Aging in America: Readings in Social Gerontology. New York: Alfred Publishing Company, Inc., 1976.

A collection of gerontological literature which gives an overview of the theories of aging, the biological and psychological aspects of aging, and a discussion of the various issues and problems of the older adult such as work, leisure, employment, living arrangements, institutionalization, and death and dying.

Keddie, Kenneth M. G. Action with the Elderly: A Handbook for Relatives and Friends. New York: Pergamon Press Inc., 1978.

Based on this Scottish author's experiences in Scotland, the topics included are still relevant to all English speaking individuals who are interested in helping the older adult. Especially written for relatives, friends and volunteers, it could also be helpful for professionals who work with the elderly. Discussion of problems which could occur and common sense advice on how to help the elderly in personal and practical ways. A warm and cleverly illustrated book which would be useful for the elderly to help them to continue to live independently.

Kelly, Philip J. Second Wind: Handbook for Happy Retirement. North Carolina: McIlivaine Publishing Company, 1972.

The author, a retiree of ten years, attempts to prove that people can live happy, interesting retirement years. Presented in a conversational manner, the reader is encouraged to "step out" rather than "step down." The realities of aging and retirement are discussed. Numerous retirement aspects are included such as choosing a place to live, financial planning, selecting the right physician and bank, insurance, wills, sex after 65, and grandparenting. The reader is encouraged to look for romance, self-actualization, and growth. Healthy mental attitude can be developed. Coping techniques are suggested.

Kennedy, Caroll E. Human Development: The Adult Years and Aging. New York: Macmillan Publishing Company, Inc., 1978.

Examines processes of aging. Emphasizes the special concerns of older adults such as family and work relationships, death and dying, community life and other common issues. Includes information on the middle years, developmental processes and methods of facilitating growth and development.

Kimmel, Douglas C. Adulthood and Aging: An Interdisciplinary, Developmental View. New York: John Wiley & Sons, Inc., 1974.

Includes work, retirement and leisure, physiological aging, death, and some of the other major social problems of the older adult.

Kinney, Jean. Living with Zest in an Empty Nest. New York: Hawthorn Books, Inc., 1970.

Capsule information for women on "how to" make the rest of life self-fulfilling and enriched. Specific suggestions are given about physical fitness, building a future, making money, new leisure activities, and planning for the retirement years.

Koller, Marvin R. Social Gerontology. New York: Random House, 1968.

Written for the student, professional and general public as well as the older adult who can benefit from knowledge about the various topics covered in this book. The author discusses the emergence of social gerontology, the process of aging, demographic information, individual and societal aspects of aging, aging and social institutions, theories of aging and other aspects of aging research and social gerontology are discussed.

Lamb, Tony and Dave Duffy. The Retirement Threat. Los Angeles: J. P. Tarcher, Inc., 1977.

This book is addressed to the people who have been sold the "Great Retirement Lie" if they believe that retirement is something not to be concerned about until age sixty or older. Pre-retirement planning should begin in the early thirties. Persons in mid-life, those nearing retirement and those persons already retired should organize and demand organizations and services which will provide dignity, status and services in old age.

LeBreton, Edmond. Plan Your Retirement Now: So You Won't Be Sorry Later. Washington: D. C.: U. S. News and World Report, Inc., 1974.

Provides information on planning retirement, retirement options, early retirement and second careers, and estimating retirement budget. Some other topics are Social Security, Medicare, pensions and legal aspects.

Loether, Herman J. Problems of Aging: Sociological and Social Psychological Perspectives. Belmont, California: Dickenson Publishing Company, Inc., 1967.

Contains information on the aging process, interpersonal relationships, health, housing, employment, exploitation of the older adult, death and society's attitudes and influences on the aging individual.

_____. Problems of Aging: Sociological and Social Psychological Perspectives. California: Dickenson Publishing Company, Inc., 1975.

An overview of the sociological and psychological problems of aging. Discusses the aging process, interpersonal relationships, health, housing, employment, retirement, widowhood, exploitation of the aged, death, and society's role and influence.

Louis Harris and Associates. The Myth and Reality of Aging in America. Washington, D. C.: The National Council on Aging, Inc., 1975.

Study to determine society's attitude about aging and the aged, the realities and misconceptions about aging, and to document older people's self-perception and attitudes about aging.

Lynch, James H. Two Models for Pre-retirement Education. Eugene, Oregon: University of Oregon Center for Gerontology, 1978.

A manual which was designed for students of the Education for the Retirement Years workshops conducted at the Oregon Center for Gerontology. Includes models for discussion workshops, selected activities, a bibliography and an annotated list of films.

May, Elizabeth Eckhardt, et al. Independent Living for the Handicapped and the Elderly. Boston: Houghton Mifflin Company, 1974.

A guide to independent living for adults and children who have physical limitations. It is also a useful guide for families and professionals in the fields of family living and rehabilitation. Topics such as dressing, methods of simplifying work, and recreation are discussed.

Neugarten, Bernice L., ed. Middle Age and Aging: A Reader in Social Psychology. Chicago: The University of Chicago Press, 1968.

A series of papers which discusses age status and age-sex roles, the psychology of the life cycle, the social-psychological theories of aging, family relationships, work, leisure and retirement, aging in other societies, and death and dying.

Neugarten, Bernice L. and Gordon F. Streib, et al. Aging in Contemporary Society. Edited by Ethel Shanas. California: Sage Publications, Inc., 1970.

A collection of papers which deals with the role of the elderly in society. The role of the aged in Western, European and two Middle-Eastern societies are discussed.

O'Meara, J. Roger. Retirement: Reward or Rejection? New York: The Conference Board, Inc., 1977.

A study of retirement problems and their effect on the individual, employer, and society. Guidelines for setting up preretirement planning programs are provided through the contributions and recommendations of seventy-five personnel executives.

Orbach, Harold L. and Clark Tibbitts, eds. Growing in the Older Years. Ann Arbor: University of Michigan, 1963.

Report of the information discussed at the third conference on the problems of the older adult. Emphasis is on mental hygiene, physical health, and education. Papers from 1950 conference included.

Otte, Elmer. Rehearse Before You Retire. rev. ed. Appleton, Wisconsin: Retirement Research, 1972.

Examines the pros and cons of retirement and the various aspects of retirement. Recommends rehearsal of situations such as living arrangements, budgeting, retirement activities, and financial planning.

_____. Retirement Rehearsal Guidebook. 3rd. ed. Indianapolis: Pictorial, Inc., 1976.

Contains guides and exercises to help prepare for retirement. Included are a directory of organizations and services and an annotated bibliography. Useful for both the preretiree and those in helping professions.

Palmore, Erdman. The Honorable Elders: A Cross-Cultural Analysis of Aging in Japan. Durham, North Carolina: Duke University Press, 1975.

Purpose of the study was to determine if industrialization causes a decline in status and social integration and to test the disengagement theory. An additional purpose was to suggest application of Japanese attitudes and practices to improve the quality of life for the elderly in the United States.

Puner, Morton. To the Good Long Life: What We Know About Growing Old. New York: Universe Books, 1974.

A positive, interesting book addressed to all ages but specifically to persons between the ages of 30 and 60. There is still time to gain insight about aging and its problems and to do something about it in order to have a more positive retirement.

Saul, Shura. Aging: An Album of People Growing Old. New York: John Wiley & Sons, Inc., 1974.

Addressed to teachers, students and professionals in the field of human relationships. Anecdotal materials are used to provide insight into the phases of aging.

Schuckman, Terry. Aging is Not for Sissies. Philadelphia: The Westminister Press, 1975.

A retiree gives practical advice about aging and creative techniques for dealing with aging.

Shanks, Ann Zane. Old Is What You Get: Dialogues on Aging by the Old and the Young. New York: The Viking Press, 1976.

Collection of the author's interviews and photographs of older adults from low-income slum conditions to Leisure World in California provides insight about aging. Included are interviews and photographs of young people between the ages of 11 and 21. Anticipated result is an increase in the quality of life for the aged.

Simon, Anne W. The New Years: A New Middle Age. New York: Alfred A. Knopf, Inc., 1968.

Points out that men and women in the middle years can choose how their older years will be more satisfying if misinformation and myths are dispelled. There is opportunity in mid-life to change the course of physical aging, to dispell stereotyping, to expand the personality, to remain stimulated and alert, and to use knowledge to make the later years more satisfying.

Smith, Elliott Dunlap. Handbook of Aging: For Those Growing Old and Those Concerned with Them. New York: Harper & Row Publishers, 1972.

A book written with the older reader in mind. The author points out that it is a small book so older people can hold it comfortably. Topics covered are the physical and psychological aspects of aging, major problems of older adults, and social relationships. He concludes with a suggestion to the aging individual that old age is not a time for "drifting" but a time for "self-direction."

Snow, Robert B. and Robert J. Havighurst. "Lifestyle Types and Patterns of Retirement of Educators." The Gerontologist 17 (1977): 545-552.

A study of administrators in higher education, through the use of a questionnaire, disclosed two contrasting lifestyle groups. These two groups which were called the Transformers and the Maintainers reported differences in childhood experiences, attitudes toward retirement, and their choices of retirement activities.

Sunshine, John. How to Enjoy Your Retirement. New York: AMACOM, 1974.

A retiree describes his own retirement as well as his observations of and interviews with other retired persons. He discusses pitfalls to avoid and opportunities to pursue in order to maximize retirement adjustment.

Tibbitts, Clark and Harold L. Orbach, eds. Aging and the Economy. Ann Arbor: The University of Michigan Press, 1963.

Compilation of papers and addresses prepared for the University of Michigan's 15th Annual Conference on Aging. Discusses older people and the economy, employment opportunities, economic situations of the elderly, the older consumer, pensions and social policy.

Wallis, J. H. Thinking About Retirement. New York: Pergamon Press Inc., 1975.

Written to be used by individuals or for use in preretirement planning courses, this book focuses on leisure time, housing and location, relationships and roles, maintaining health, and financial planning. The author is encouraging planning for retirement.

Wikstrom, Walter S. The Productive Retirement Years of Former Managers. New York: The Conference Board, Inc., 1978.

A study of 3,820 former managers and professionals which refutes some of the myths about aging. One of the myths is that older persons are unable to do anything or at least have low ability to get things done. Documentation, through the study, refutes this myth. Older people in the study were involved and participating in meaningful activities for themselves and the community.

Woodruff, Diana S. and James E. Birren, eds. Aging: Scientific Perspectives and Social Issues. New York: D. Van Nostrand Company, 1975.

A multidisciplinary book which discusses up-to-date perspectives on scientific and social issues in aging. Chapters are written by professionals who specialize in the field of gerontology. The biological, psychological and sociological aspects of aging are discussed in a manner which can be understood by the reader who has not had previous exposure to these concepts.

Wright, Clarence, ed. Successful Retirement: Plan it Now. Washington, D. C.: Kiplinger Washington Editors, Inc. 1964.

A "how to do it" book which provides information for the preretiree about living costs, Social Security, financial planning and worksheets for use in planning. Also, includes some valuable information about retirement living in various parts of the country and what it costs to live there.

_____. Advice on Health Insurance For Senior Citizens in Illinois. Springfield, Illinois: Illinois Department of Insurance, 1979.

General information about the Medicare program and what it will pay for. It includes guidelines for purchasing supplementary insurance.

Atchley, Robert C. "Retirement Income." The Sociology of Retirement. Massachusetts: Schenkman Publishing Company, 1976.

Social Security pensions are the primary source of income for the elderly. A few have private pension, earnings and income from assets.

_____. "Automobile Test Reports." Consumer Reports 62-4 (1979): 22-26.

"Automobile Test Reports" is presented periodically in these issues. Includes prices, warranties, mechanical information, and repair record.

Bernstein, Merton C. "Forecast of Women's Retirement Income: Cloudy and Colder." Industrial Gerontology 1-2 (1974): 1-13.

Expose' of the short comings of Social Security benefits for women. Also examines widow's survivor benefits from private pension plans.

Berton, Pierre. The Big Sell. New York: Alfred A. Knopf, 1963.

An expose' of door-to-door selling and the swindling of the American public.

Blair, Lorraine L. Answers to Your Everyday Money Questions. Chicago: Regnery, 1968.

A practical guide to help the individual learn more efficient money management.

Bleakney, Thomas. Retirement Systems for Public Employees. Pennsylvania: University of Pennsylvania, 1972.

Suggests improvements which are needed in public employees' retirement system.

Boner, Marion O. The Merchant and the Poor: A Selected Bibliography. Monticello, Illinois: Council of Planning Libraries, 1970.

Selective bibliography on credit and consumer protection for all ages in the lower-income groups.

Buckley, Joseph C. and Henry Schmidt. The Retirement Handbook: A Complete Guide to Your Retirement. 5th ed. rev. New York: Barnes & Nobel Books, 1973.

Includes income planning, pension benefits, investments, estate planning and health and life insurance. The final two chapters deal with Social Security and Medicare.

_____. Consumer Education Bibliography. Washington, D. C.: U. S. Printing Office, 1971.

An annotated bibliography. Lists resources on money management, consumer goods and services, and audio-visuals. Includes a wealth of free or low-cost resources with addresses.

Dickinson, Peter A. The Complete Retirement Planning Book: Your Guide to Happiness, Health, and Financial Security. New York: Dutton, n.d.

Includes information on financial needs, supplementing income through part-time work, investments and real estate. Suggestions on avoiding pitfalls of Social Security and pension plans.

Dowd, Merle E. How to Live Better and Spend Twenty Percent Less. Englewood Cliffs, New Jersey: Prentice-Hall, 1967.

Numerous suggestions for saving on goods and services.

Ducovny, Amram. The Billion Dollar Swindle. New York: Fleet, 1969.

An examination of fraudulent practices against the older population. Suggestions for prevention of fraudulent practices and for reporting swindles.

_____. Facts You Should Know About "Earn Money at Home" Schemes. Washington, D. C.: Better Business Bureaus.

Information about the numerous kinds of false and misleading advertising on how to earn money. Usually directed to those who want to supplement their income and to women.

Harris, Charles S. Fact Book on Aging: A Profile of America's Older Population. Washington, D. C.: The National Council on the Aging, Inc., 1978.

Chapter two deals with the income of older Americans. Includes information on income status by race and sex, information on budgets, income adequacy, Social Security and pension plans.

_____. Helpful Hints for Homemakers: A Variety of Booklets on Home Economics. Washington, D. C.: Superintendent of Documents, 1970.

Annotated bibliography of free leaflets.

Hunter, Beatrice Trum. Consumer Beware. New York: Simon and Shuster, 1971.

Information on what is happening to our food products and the impact on the public's health.

_____. "Is there Sex Discrimination in Pension Plans?" National Business Women 54 (1973): 6-8.

Brief summary of complaints of sex discrimination in pension plans filed by womens' organizations.

Johns, Edward B., et al. "Consumer, Be Wary." Health For Effective Living. 6th ed. New York: McGraw-Hill Book Company, 1975.

Excellent discussion about quackery and protection against quackery through legislation and consumerism.

Johnson, George. The Pill Conspiracy. New York: New American Library, 1967.

Expose' on hazardous drugs and the illegal profits with which the old and poor in this country are being confronted.

Laroque, Pierre. "Women's Rights and Widows' Pensions." International Labor Review 106 (1972): 1-10.

Overview of widows' pensions and their relationship to women's role in society.

LeBreton, Edmond. Plan Your Retirement Now: So You Won't Be Sorry Later. Washington, D. C.: U. S. News and World Report, Inc., 1974.

Important information on the many aspects of financial planning in later life. Covers such topics as: estimating a retirement budget, Social Security, Medicare, private pension funds, investments, wills and other legal matters.

Lewis, Howard and Martha Lewis. The Medical Offenders. New York: Simon and Schuster, 1970.

Report of the corruption some patients experience when they are treated by some unscrupulous medical professionals.

_____. Life Insurance Fact Book '77. New York: American Council of Life Insurance, 1977.

Comprehensive coverage of facts about life insurance which every retiree needs to know.

Magnuson, Senator Warren G. and Jean Carper. The Dark Side of the Market Place. New Jersey: Prentice-Hall, 1968.

Describes the numerous ways the public is swindled. Common areas for these practices are: cosmetics, home improvements, packaging, credit, loans, drugs, and mail frauds. Suggests method of prevention.

Marlestein, David L. How You Can Beat Inflation. New York: McGraw-Hill, 1970.

Contains information on beating inflation in some of the most common areas.

Mason J. Barry and William O. Bearden. "Profiling the Shopping Behavior of Elderly Consumers." The Gerontologist 18 (1977): 454-461.

Survey of older adults in a metropolitan area to determine shopping behaviors such as food stamp usage, use of store brands, coupon usage, experience with mispricing and unavailability of products when advertised, and familiarity with FTC trade rules.

Moldafsky, Annie. The Good Buy Book. Chicago: The Swallow Press, 1976.

Guide for consumers in a five state area for purchasing manufactured products at a low price.

Mowbray, A. The Thumb on the Scale. Philadelphia, Pennsylvania: Lippincott, 1967.

A revealing report on supermarket packaging abuses.

Nader, Ralph and Kate Blackwell. You and Your Pension. New York: Grossman Publishers, 1973.

Discusses private pension systems and suggests ways of preventing loss of pension and pension credits. Explores conditions to be met for qualification for private pensions.

_____. 1974 Tax Facts. Washington, D. C.: American Association of Retired Persons. (free)

Information on taxes in the U. S. Six states have no income tax, four states have no sales tax and there are eleven states that allow exemption to sales tax on certain items.

_____. Papers From the Economics of Aging: Toward 2001. Institute of Gerontology. Ann Arbor: University of Michigan, 1976.

Collection of published papers on economics of aging. Covers Social Security history and improvements of the program.

_____. Pension Facts 1977. Washington, D. C.: American Council of Life Insurance.

Includes the 1974 Federal Pension Legislation, the major pension and retirement programs, private pension plans with life insurance companies, private non-life pension programs, and government pension plans.

Powers, Carol. Your Retirement Anti Crime Guide. Long Beach, California: American Association of Retired Persons and National Retired Teachers Association, 1973.

A guide to help the older adult prevent crime against themselves on the streets, make their homes safe and defend themselves.

_____. Your Retirement Consumer Guide. Long Beach, California: American Association of Retired Persons and National Retired Teachers Association, 1973.

Contains information on choosing a health team, buying clothes and automobiles, borrowing money and handling consumer complaints.

Powers, Carol and David Markstein. Your Retirement Money Guide. Long Beach, California: American Association of Retired Persons and National Retired Teachers Association, 1973.

Includes information about financial planning, money management, stocks and bonds, investments and cutting health costs.

Pryor, Hubert C. Your Retirement Legal Guide. Long Beach, California: American Association of Retired Persons and National Retired Teachers Association, 1973.

Gives suggestions for choosing a lawyer. Includes estate planning, probate, wills and taxes.

Rich, Les. "Job-Sharing--Another Way to Work." Worklife 3-5 (1978): 2-6.

Job sharing is becoming more common. Two or more persons share the same job. Could be a method of supplementing income.

Schulz, James H. The Economics of Aging. Belmont, California: The Wadsworth Publishing Company, 1976.

Includes analysis of pension plans, Social Security and economic policy.

Schulz, James, et al. Providing Adequate Retirement Income: Pension Reform in the United States and Abroad. Hanover, Massachusetts: University of New England, 1975.

Overview of Social Security and pensions. Examines retirement systems in United States and four other countries. West Germany seems to have the best retirement system.

_____. "Seven Points to Check in Your Pension Plan." Changing Times 31-3 (1977): 13-14.

Time to check your pension plan before you reach retirement age.

Sloan, Leonard. "Watching Your Finances: When Does Adequate Insurance Become Inadequate?" American Journal of Nursing 75-5 (1975): 875.

A well known business and financial writer gives advice about buying and updating insurance.

Smith, Ralph Lee. Bargain Hucksters. New York: Thomas Y. Crowell, 1962.

Focuses on fraudulent practices in funerals, charities, automobiles, appliances and books.

Shore, Warren. Social Security: The Fraud in Your Future. New York: Macmillan, 1975.

Married working women suffer inequities and discrimination through Social Security practices.

Springer, John L. Consumer Swindles and How to Avoid Them. Chicago: Regnery, 1970.

Common consumer swindles and methods of preventing these practices.

Taylor, Charles W. "If You're Tempted to Work Become a Temp: Working in Retirement." Retirement Living 15 (1975): 29-31.

Includes positive reasons for part-time employment, how to find these jobs, and suggestions for resume' writing. Suggestions for making the most out of volunteer experiences.

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_____. "Those One-sided Credit Laws." Consumer Reports 31 (1966): 108-112.

Brief but enlightening description about easy payment plans which may result in loss of property.

Walker, Orville, C., Jr. and Neil M. Ford. "Can Cooling-off Laws Really Protect the Consumer?" Journal of Marketing 34 (1970): 53-58.

Discusses laws which protect the consumer by providing a period of one to four days to cancel a contract for services or products.

_____. What You Should Know About the Pension and Welfare Law. Washington, D. C.: U. S. Department of Labor, 1978.

The purpose of this pamphlet is to discuss the rights, safeguards, and opportunities that the Employee Retirement Income Security Act (ERISA) provides and some things which it allows to continue.

Young, Fay and Leo Young. Everything You Should Know About Pension Plans. Bethesda, Maryland, n.d.

Discusses various components of retirement planning and pension plans. Guide for general public, the self-employed, and the individual who changes employment.

Young, James Harvey. The Medical Messiahs. New Jersey: Princeton University Press, 1967.

An overview of health quackery in the United States. Quackery and home remedies are discussed.

ADDENDUM

_____. Save Energy--Save Dollars: Efficient Energy Management for Consumers from Cooperative Extension. New York: Cornell University, 1977.

Comprehensive coverage of methods of saving energy and money.

HOUSING AND LIVING ARRANGEMENTS

Agan, Tessie and Elaine Luchsinger, eds. "Housing the Aged." The House: Principles/Resources/Dynamics. Philadelphia: J. B. Lippincott Company, 1965.

Housing for the elderly should be suitable to their specific life-styles but also suitable for failing health and chronic conditions which are common in old age. The residence should be designed or renovated to meet failing sensory problems, lack of stamina, and other disabilities such as blindness, forgetfulness and crippling diseases.

Barney, Jane Lockwood. The Well-Being Report. Institute of Gerontology. Ann Arbor: The University of Michigan, 1975.

Study of a Detroit agency which provided supportive systems to the older population. Interesting publication for the professional and for families who need to provide alternative services to prevent institutionalization.

Bell, William G. "Community Care for the Elderly: An Alternative to Institutionalization." The Gerontologist 13-3 (1973): 349-354.

Community care for the elderly provides home delivered services through a single public agency.

Berg, William E., et al. "Integrated Homemaking Services for the Aged in Urban Neighborhoods." The Gerontologist 14-5 (1974): 388-393.

Study of a homemaker's project which provides a variety of integrated services in an inner-city neighborhood in Milwaukee. Success was related to involvement of elderly and the community.

Buckley, Joseph C. and Henry Schmidt. 4th ed. rev. The Retirement Handbook: A Complete Planning Guide to Your Future. New York: Harper & Row, Publishers, 1971.

Examines the many housing options available to the older adult, the pros and cons of moving, and some helpful guides to financing housing. Explores options of moving to a farm and different locations.

Buckley, Joseph C. and Henry Schmidt. "Housing for the Retired." The Retirement Handbook: A Complete Planning Guide to Your Future. 5th ed. New York: Barnes & Noble Books, 1973.

An excellent discussion to help the preretiree in deciding on housing and location. Covers factors to consider in moving to a different location, types of housing to consider, financing the home, and safety, health, and recreation features.

Caldwell, Esther and Barbara R. Hegner. "Older People and Community Life." Geriatrics: A Study of Maturity. Albany, New York: Delmar Publishers, 1975.

Most people prefer to live independently as long as possible. Housing options include apartments, retirement centers, life care residences, living with children, government housing, and mobile homes.

Carp, Frances M. "Effects of Improved Housing on the Lives of Older People." Middle Age and Aging. 5th imp. Edited by Bernice L. Neugarten. Chicago: The University of Chicago Press, 1975.

Report of findings on a study of older adults in a high-rise public housing setting. Purpose of the study was to determine if pleasant living quarters are provided in close proximity to others in the same age group, will the quality of life improve? The subjects showed "good adjustment" as defined by moving away from passivity, disengagement, and seclusiveness.

Cluff, Pamela J. and William H. Campbell. "The Social Corridor: An Environmental and Behavioral Evaluation." The Gerontologist 15-6 (1975): 516-523.

Dependent behavior can be avoided by modifying architectural design in institutional settings.

Cohen, Stepehn Z. and Bruce Michael Gans. "What About the End of Life-Hospitals and Nursing Homes." The Other Generation Gap: The Middle-aged and Their Aging Parents. Chicago: Follett Publishing Company, 1978.

A brief overview of some of the psychological and physiological conditions of elderly parents and suggestions for the adult child to cope with these problems. Emphasis is on self-sufficiency and independence for the elderly and suggestions on choosing an institutional setting which will maximize these characteristics.

_____. Consumer Information Catalog. Pueblo, Colorado: Consumer Information Center.

Lists selected consumer publications.

Coons, Dorothy H. et al. Developing a Therapeutic Community for Mental Hospital Patients: A Teaching Guide. Ann Arbor, Michigan: Institute of Gerontology, University of Michigan, 1972.

A package of training materials introducing techniques for rehabilitating older persons in long term facilities. Provides help in designing a five day workshop for staff development.

Donahue, Wilma T., et al., eds. Congregate Housing for Older People: An Urgent Need, A Growing Demand. Washington, D.C.: D.H.E.W./O.H.D./AoA, 1977.

Selected collection of papers presented at the First National Conference on Congregate Housing for Older People, 1975.

Drury, Margaret J. "Institutional Resistance to Mobile Homes." Mobile Homes: The Unrecognized Revolution in American Housing. rev. ed. New York: Praeger Publishers, 1972.

Potential buyers should be aware of advantages and disadvantages of this type of housing and the variance in laws in different states.

Ford, Norman D. Where to Retire on a Small Income. Green Lawn, New York: Hariam Publications, n.d.

Detailed information on low priced land and existing farms and homes, business opportunities, living costs and taxes.

Franke, David and Holly Franke. Safe Places. New Rochelle, New York: Arlington House, n.d.

Lists 47 low-crime rate cities in 35 states. Details on renting and buying homes, apartments, farms and ranches in the area. Includes information on taxes, health facilities, employment, climate, and pollution.

Friedman, Arnold. Common Sense Design: A Complete Guide to Good Interior Design on a Budget. New York: Charles Scribner's Sons, 1976.

The purpose of the book is to help the reader solve specific problems in the design of a house or an apartment.

Geist, Harold. "Where to Go In Retirement." The Psychological Aspects of Retirement. Springfield, Illinois: Charles C. Thomas Publishers, 1968.

Looks at the psychological aspects of retirement in the same locale and in community settings for older people. Alternative living arrangements in the U. S. and abroad are discussed.

Gourlie, John. How to Locate in the Country: Your Personal Guide. Charlotte, Vermont: Garden Way Publishing Co., n.d.

Evaluation of different geographic locations. Contains maps, information directories, and a check-list to help in choosing a site.

Grant, Frank E. Catawba Hospital Handbook for Facilitators. Institute of Gerontology. Ann Arbor: The University of Michigan, 1976.

Contains treatment modalities for working with psychogeriatric patients.

Green, Isaac and Bernard E. Fedewa, et al. Housing for the Elderly: The Development and Design Process. New York: D. Van Nostrand Rheinhold Company, 1975.

The authors have reviewed the current information about the characteristics of older adults and related these characteristics to special needs and preferences for housing and living arrangements.

Gubrium, Jaber F., ed. Late Life: Communities and Environmental Policy. Springfield, Illinois: Charles C. Thomas Publisher, 1974.

Compilation of papers dealing with the impact of social environment on the aged. Covers different types of environment and environmental policy.

Gustafson, Elizabeth. "Day Care for the Elderly." The Gerontologist 14-1 (1974): 46-49.

A description of day-care centers in America which have been funded and some suggestions for establishing neighborhood day-care centers. Model programs which these are based on are the day hospital system in England and a day care pilot project in Honolulu.

Hartman, Chester, et al. "Designing with the Elderly: A User Needs Survey for Housing Low-Income Senior Citizens." The Gerontologist 16-4 (1975): 303-310.

Survey of potential housing users by means of a slide presentation. Suggestions for specific housing design and criticism of some existing features were given.

Heintz, Katherine McMillan. Retirement Communities: The Center for Urban Policy Research. New Brunswick, New Jersey: Rutgers - The State University of New Jersey, 1976.

The first section examines specific housing needs, social characteristics of residents, level of satisfaction of residents, and market variations. The second section deals with the impact of these communities on society.

Hendricks, Jon and C. Davis Hendricks. "Family Life and Living Arrangements." Aging in Mass Society: Myths and Realities. Massachusetts: Winthrop Publishers, Inc., 1977.

Overview of family relationships of older adults in America and abroad. Roles and relationships vary in different societies. Looks at interrelationships between adjustment and living arrangements.

Horn, Linda and Elma Griesel. Nursing Homes: A Citizens' Action Guide. Boston: Beacon Press, 1977.

Describes how nursing homes are regulated. Gives concrete steps to take to improve nursing homes, form action groups, handle complaints, enforce the law and upgrade personnel and care.

_____. How to Choose a Nursing Home: A Shopping and Rating Guide. Institute of Gerontology and Citizens for Better Care. Ann Arbor: The University of Michigan, 1974.

Directed to the older person but could also be used by family members and others involved in institutionalization of an individual. A guide to choosing a nursing home before the crisis strikes.

Jacobs, Jerry. "An Ethnographic Study of a Retirement Setting." The Gerontologist 14 (1974): 483-487.

A year long study of a retirement setting (Fun City) which was located in a warm Western area points out that there are some disadvantages in such a retirement setting. Some of the disadvantages were lack of transportation, lack of health care, and isolation. The author emphasizes the importance of older people investigating these factors when choosing a retirement setting.

_____. Fun City: An Ethnographic Study of a Retirement Community. New York: Holt, Rinehart and Winston, Inc., 1974.

The author studies this retirement community and its 5,600 residents to determine if the lifestyle is an active one and to relate his findings to gerontological theory. Jacobs' study points out that people of all ages should be concerned with the segregation of the elderly and the resultant psychological and social problems.

_____. Older Persons and Retirement Communities: Case Studies in Social Gerontology. Springfield, Illinois: Charles C. Thomas Publisher, 1975.

The author reports his findings from three different types of retirement communities. The residents of Fun City (middle-class community) and the residents of High Heaven (public housing on a college campus) represented two very diverse lifestyles, educational backgrounds and past experiences. However, they had some very common characteristics in that they were lonely, bored and isolated. The residents of the third community (Merrill Court) were from a low income and low educational background yet their group did not share the sense of loneliness and isolation. They had a sense of community and life-satisfaction.

Kart, Cary S. and Barbara Manard. "Living Environments." Aging in America: Readings in Social Gerontology. Sherman Oaks, California: Alfred Publishing Company, 1976.

Interesting information on the impact of environment on older people. Discusses alternative housing: mobile home community, segregated housing for elderly poor, and communal living.

Knopf. Olga. "Living Arrangements." Successful Aging. New York: The Viking Press, 1975.

A look at some alternative living arrangements which include "leisure villages," retirement centers, housing projects, mobile-home parks, retirement hotels, and nursing homes.

Koff, Theodore H. "Rationale for Services: Day Care, Allied Care and Coordination." The Gerontologist 14 (1974): 26-29.

Discusses services which are provided for a large number of older people through day care centers established in long-term care settings, hospitals, and other community facilities.

Koncelik, Joseph A. Designing the Open Nursing Home. Stronsburg, Pennsylvania: Hutchinson & Ross, 1976.

Focuses primarily on the spatial environment and the relationship and employment of space in the provision of care and housing for elderly patients. Emphasis is on "home" which should maximize the resident's life-style, autonomy and experiences.

Kramer, Charles H. and Jeannette R. Kramer. Basic Principles of Long-Term Patient Care: Developing a Therapeutic Community. Springfield, Illinois: Charles C. Thomas Publishers, 1976.

Description of the development of a therapeutic community in a nursing home. This therapeutic care program can be utilized by others to provide a growth-oriented life-style in a long-term center.

Laurie, Gini. Housing and Home Services for the Disabled. New York: Harper and Row, Publishers, 1977.

Includes summaries of legislation, housing arrangements, organized home services, housing projects designed for the elderly and the disabled, respite care, and types of living arrangements.

Lawton, M. Powell. Planning and Managing Housing for the Elderly. New York: John Wiley and Sons, 1975.

Written to provide assistance to the professional and general reader in designing, planning and management of housing for the elderly. Some of the special housing needs of the elderly are: security, self-maintenance, life-enrichment activities, transportation needs and special services to maintain independence.

_____. "The Relative Impact of Congregate and Traditional Housing on Elderly Tenants." The Gerontologist 16 (1976): 237-242.

A study of tenants moving into congregate housing and traditional housing before the move and one year later. Congregate housing tenants showed improvements in morale, housing satisfaction, and social interaction. However, they showed less involvement with outside activities. The risks of dependency on congregate housing to the exclusion of outside activities are discussed and preventive measures are suggested.

Moral, Herbert R. Buying Country Property. Charlotte, Vermont: Garden Way Publishing Company, n.d.

Discusses factors to consider in buying and remodeling. Includes guide for dealing with realtors and for purchasing housing.

Newman, Sandra J. "Housing Adjustments of the Disabled Elderly." The Gerontologist 16-4 (1976): 312-317.

Analysis of data from a national sample of adults to determine effects of serious disability on housing and living arrangements of the over sixty population and families.

Niebank, Paul L. Relocation in Urban Planning: From Obstacle to Opportunity. Philadelphia: University of Pennsylvania Press, 1968.

Contains information on the displaced tenant, relocation, preparation for relocating, and advocacy services for the dislodged person.

Otten, Jane and Florence D. Shelley. "Living Arrangements." When Your Parents Grow Old: Information and Resources to Help the Adult Son and Daughter Cope with the Problems of Aging Parents. 2nd ed. rev. New Jersey: The American Library, Inc., 1977.

A difficult decision for older adults is whether to stay in their own home or move. Brief summary of various studies on housing and living arrangements.

Pastalan, L. A. and D. H. Carson, eds. Spatial Behavior of Older People. Institute of Gerontology. Ann Arbor: The University of Michigan, 1970.

Compilation of essays covering contributions made by science and professionals in creating better environments for older persons. Space is very important for individuals.

Price, Irving. Buying Country Property: Pitfalls and Pleasures. New York: Pyramid Publications, n.d.

Covers information on mortgage financing, zoning, sewage systems, utilities and building construction.

Rabinowitz, Dorothy and Yedida Nielson. Home Life: A Story of Old Age. New York: Macmillan Company, 1971.

Problems of the older generation in homes for the aged are depicted through fictionalized case studies.

Rathbone-McCuan, Eloise. "Geriatric Day Care: A Family Perspective." The Gerontologist 16-6 (1976): 517-521.

Evaluation of the Levindale Adult Treatment Center is used to point out the need for family involvement in the day care program. Suggestions for involvement are included.

Reeb, Donald J. and James T. Kirk, Jr. Housing the Poor. New York: Praeger Publishers, 1973.

A collection of papers which discusses housing needs of the poor, housing programs, and types of group housing. Includes information on retirement hotels, life-care homes, recommendations for housing, and descriptions of housing by geographic locations.

Rosefsky, Robert S. The Ins and Outs of Moving. Chicago: Follett Publishing Company, 1972.

Suggestions for examining changing lifestyles, the cost of moving, scouting for a home in a new location, types of housing, selling present residence, selecting a mover, and suggestions for an international move.

Ross, Jennie-Keith. Old People, New Lives: Community Creation in a Retirement Residence. Chicago: The Chicago Press, 1979.

A year's participation and observation in a retirement residence in France. Author emphasizes the benefits of this type of program.

Ruina, Edith. Moving: A Common-Sense Guide to Relocating Your Family. New York: Funk and Wagnalls, 1970.

A guide to help the mover who is free to make choices about neighborhoods and professional services. Suggestions are given on how to deal with a moving company, major steps to take in the moving process, and criteria for finding churches, doctors, dentists and lawyers. The final chapter discusses adaptation to the new location.

Sears, David W. "Elderly Housing: A Need Determination Technique." The Gerontologist 14-2 (1974): 182-187.

A technique developed for the New York State Urban Development Corporation (UDC) to determine the need for elderly housing. Could be used by other agencies.

Sheldon, Roy. Know the Ins and Outs of Condominium Buying. New York: Exposition Press, 1973.

Written by an owner of a condominium. Contains important information on purchasing and life style.

Sunshine, John. "To Move or Not to Move." How to Enjoy Your Retirement. New York: AMACOM, 1974.

Examines specific geographic locations in relationship to pollution, earthquakes, and other hazards. Weighs advantages and disadvantages of moving and factors to consider before relocating here or abroad.

Tobin, Sheldon S., et al. Last Home for the Aged. San Francisco: Jossey-Bass Publishers, 1976.

Findings from research during and after institutionalization show that the greatest psychological damage occurs before entrance into the institution. The effects of institutional life and the loss of hope and independence for personal care are irreducible. There needs to be better services for prevention of early institutionalization.

Townsend, Peter. "The Emergence of the Four-Generation Family in Industrial Society." Middle Age and Aging. 5th imp. Edited by Bernice L. Neugarten. Chicago: The University of Chicago Press, 1975.

Purpose of the paper is to call attention to a new phenomenon in the industrial society. Emergence of a fourth generation and its implications should be studied further in order to increase understanding of the aged and the aging problems.

Turbow, Sandra R. "Geriatric Group Day Care and its Effect on Independent Living: A Thirty-Six Month Assessment." The Gerontologist 15-6 (1975): 508-510.

Conclusions are that selective combinations of geriatric group day care, group process, and group therapy reduced anxiety, improved interpersonal relationships and helped maintain independent living.

Vickery, Florence E. "Effects of the Aging Process on Social Functioning." Creative Programming for Older Adults: A Leadership Training Guide. New York: Association Press, 1972.

Discusses physical aging and mental illness and their effect on the social functioning of older adults. Includes social roles, adjustment patterns and coping with losses. Psychological aging and its affect on intelligence and coping are included.

Weiss, J. D. Better Buildings for the Aged. New York: McGraw-Hill, 1971.

Concise description of housing problems, housing needs and specific designs to meet these needs.

Wright, Clarence. Sr. ed. Successful Retirement: Plan it Now. Washington, D. C.: The Kiplinger Washington Editors, Inc., 1964.

Part two looks at retirement facilities in U. S. and abroad. Contains information on whether to relocate, climate, and health and family costs. Alternative housing and living arrangements included.

NUTRITION

Barboriak, Joseph J. "Alcohol and Nutrient Intake of Elderly Men." Journal of the American Dietetic Association 72-5 (1978): 493-495.

Study of the effect of alcohol consumption on the intake of food nutrients of elderly veteran patients. Findings show that institutionalized alcoholics need special provision for proper nutrition.

Brunswick, J. Peter, et al. How To Live 365 Days a Year the Salt-Free Way. New York: Bantam Books, Inc., 1977.

Written for the lay person. Gives an overview of the relationship of hypertension to sodium. The second section, written by the patient, gives suggestions for making adjustments. Section three, written by the patient's wife, gives information on food products.

Clancy, Katherine L. "Preliminary Observations on Media Use and Food Habits of the Elderly." The Gerontologist 15-6 (1975): 529-532.

Study of relationships of social participation and television advertisements to adequacy of food intake and eating patterns.

Deutsch, Ronald M. The Family Guide to Better Food and Better Health. Des Moines, Iowa: Meredith Corporation, 1971.

A comprehensive book on nutrition. Written in lay terms readily understood by persons outside the nutrition field.

_____. The New Nuts Among the Berries. rev. ed. Palo Alto, California: Bull Publishing Company, 1977.

Discusses food fads and fallacies. A general guide to good nutrition.

Dow, Ruth McNabb. "Nutrition: How Well Do Seniors Eat? Title VII Can Help." Aging 274 (1977): 12.

Results of a survey of 107 nutrition program participants at five sites in East Central Illinois show that Title VII nutrition programs improve nutrition for the elderly. Gives suggestions for further improvement.

Gallender, Carolyn Newton and Demos Gallender. Dietary Problems and Diets for the Handicapped. Springfield, Illinois: Charles C. Thomas Publishers, 1979.

Practical guide for planning nutritional diets for the elderly. Some topics discussed are eating handicaps, digestion, constipation, obesity and special diets.

Gormican, Annette. Controlling Diabetes with Diet. Springfield, Illinois: Charles C. Thomas Publishers, 1976.

Includes menu planning, information on food exchange equivalents for convenience foods and a question and answer section.

Grotkowski, Myrna L. and Laura S. Sims. "Nutritional Knowledge, Attitudes, and Dietary Practices of the Elderly." Journal of the American Dietetic Association 72-5 (1978): 499-506.

Survey of sixty-four non-institutionalized elderly to determine nutritional knowledge and attitudes toward food and nutrition.

Kohrs, Mary Bess, et al. "Title VII - Nutrition Program for the Elderly." Journal of the American Dietetic Association 72-5 (1978): 487-492.

Congregate meals supply better diets for the elderly participants.

Krog, Emily. "Helping People Stretch Their Grocery Dollars." American Journal of Nursing 75-4 (1975): 646-648.

Helpful hints on grocery buying and food preparation to help the consumer eat better without spending more.

Lambert, Martin L., Jr. "Drug and Diet Interactions." American Journal of Nursing 75-3 (1975): 402-406.

A pharmacist cites many examples of mixing incompatible drugs, of mixing some foods with drugs, and the use of food additives. Lists drugs that interact unfavorably with specific foods and alcohol.

Newton, Louise, Good Recipes for Hard Times. Boston: Houghton-Mifflin Company, 1975.

Recipes for people on a budget who want nutritious meals without a lot of "fuss."

Rankine, Daryle and Betty Taylor. "Are Community Nutrition Programs Meeting the Needs of the Elderly?" Journal of Home Economics 67-6 (1975): 37-40.

A survey of elderly participants in community nutrition programs in Kalamazoo, Michigan show that socialization affects satisfaction with meals.

Rockstein, Morris and Marvin L. Sussman. Nutrition, Longevity, and Aging. New York: Academic Press Inc., 1976.

This collection of papers would be a helpful resource for dieticians and other health professionals who work with the elderly. Focuses on nutritional assessment and counseling. Suggests nutrition education for older adults.

Troll, Lillian E. "Eating and Aging." Readings in Gerontology. Edited by Virginia M. Brantl and Sister Marie Raymond Brown. St. Louis, Missouri: C. V. Mosby Company, 1973.

An examination of eating patterns and how they are affected by social, psychological and physical conditions, and vice versa.

_____. "Eating and Aging." Readings in Gerontology. 2nd. ed. Edited by Mollie Brown. St. Louis, Missouri: C. V. Mosby Company, 1978.

Overview of the contradictory information on proper diet and sociological and physiological changes which call for modification or change in dietary practices. The professional should consider what's best for each individual.

Weg, Ruth B. Nutrition and the Later Years. Andrus Gerontology Center. Los Angeles: University of Southern California, n.d.

Discusses changing nutritional requirements, functional and behavioral changes and the effect on diet, and adequate diets.

Williams, Eleanor. "Making Vegetarian Diets Nutritious." American Journal of Nursing 75-12 (1975): 2168-2173.

A guide to planning vegetarian well-balanced meals.

Williams, Sue Rodwell. Essentials of Nutrition and Diet Therapy. St. Louis: C. V. Mosby Company, 1974.

In-depth information on physiological and psychological factors and their relationship to growth and development throughout life. Includes information on diets and diet therapy.

Winick, Myron, ed. Nutrition and Aging. New York: John Wiley & Sons, 1976.

Examines nutrition in early life and its effect on aging. Also looks at how aging affects nutritional requirements.

HEALTH

Atchley, Robert C. The Social Forces in Later Life: An Introduction to Social Gerontology. 2nd ed. California: Wadsworth Publishing Company, Inc., 1977.

Chapter six contains an overview of chronic conditions and their treatment, financing medical care and ways to maintain or improve health.

Briley, Michael. Your Retirement Health Guide. Long Beach, California: American Association of Retired Persons and National Retired Teachers Association, 1973.

Guide for healthy living. Contains information on nutrition, exercise, weight control and preventive measures.

Brocklehurst, J. C., ed. Textbook of Geriatric Medicine and Gerontology. New York: Longman Inc., 1973.

The middle section of this book discusses diseases and treatment. The treatment of cancer is discussed and heroic treatments are discouraged. Advice on drugs and drug education is included.

Brody, Stanley J. "Comprehensive Health Care for the Elderly: An Analysis." The Gerontologist 13-4 (1973): 412-417.

Five types of health-social services to help the chronically ill person should be included in a national health insurance proposal.

Buckley, Joseph and Henry Schmidt. 4th ed. rev. "Health and Long Life." The Retirement Handbook: A Complete Planning Guide to Your Future. New York: Harper & Row Publishers, 1971.

Includes information on chronic diseases, guidelines for healthy living, and vocational rehabilitation.

Caldwell, Esther and Barbara R. Hegner. Geriatrics: A Study of Maturity. Albany, New York: Delmar Publishers, 1975.

Covers all aspects of aging. Emphasis is on the health needs of and common ailments of the elderly. Topics include safety, dietary modification, drug therapy, occupational trends and recreation.

Combs, Karen L. "Preventive Care in the Elderly." American Journal of Nursing 78-8 (1978): 1339-1341.

Preventive health care can play a crucial part in early disease detection, minimizing existing health problems and the prevention of further complications.

Dancy, Joseph Jr. The Black Elderly, A Guide for Practioners. Institute of Gerontology. Ann Arbor: University of Michigan, 1977.

In the second section of the book, the author examines major problems of the black elderly. Includes information on health and nutrition.

DeVries, Herbert A. "Tips on Presenting Exercise Regimens for Your Older Patient." Geriatrics 34-4 (1979): 75-81.

Older patients can be helped to combat functional losses through prescribed exercise. A series of studies over a five year period proved that prescribed exercise improved physiological functioning.

Ehrlich, George E. Total Management of the Arthritic Patient. Philadelphia: J. B. Lippincott Company, 1973.

Successful therapy for arthritis is based on short-term relief of symptoms, long-range prevention of deformities and maintenance of active involvement in the community. Includes guidelines for medical and surgical measures, counseling services, and adjustment.

Falconer, Mary W., et al. Aging Patients: A Guide for Their Care. New York: Springer Publishing Company, 1976.

Emphasizes common diseases in the elderly, measures to be taken to correct or arrest progression of chronic conditions, and suggestions for healthy living.

Field, Minna. "Ill-Health and Family Relationships." The Aged, the Family, and the Community. New York: Columbia University Press, 1972.

Overview of health professionals' attitude and interest in caring for elderly patients, Medicare coverage, and prevention of disease. Looks at the effect of illness on the individuals and their families.

Garber, Edward A. and Hugh R. K. Barber. "The Case For and Against Estrogen Therapy." American Journal of Nursing 75-10 (1975): 1766-1771.

Two gynecologists suggest rational use of hormones for specific conditions.

Geboes, K., et al. "Is the Elderly Patient Accurately Diagnosed?" Geriatrics 34-5 (1979): 91-96.

Study of missed diagnosis in the elderly. Data from this study should lead to more careful diagnosis and care of the older patient.

Gilbert, Arlene E. You Can Do It From a Wheelchair. New York: Arlington House, 1973.

A victim of multiple sclerosis instructs the reader on overcoming obstacles and performing everyday tasks.

Goldberg, Stella R. and Francine Deutsch. Life-Span Individual and Family Development. California: Brooks/Cole Publishing Company, Inc., 1977.

Chapter thirteen includes biological theory of aging, physical change and chronic conditions.

_____. "Good Health Roundups Attract Older Ohioans." Aging 293-294 (1979): 3-7.

Report of a successful health screening program in Ohio.

Gotz, Bridget E. and Vincent P. Gotz. "Drugs and the Elderly." American Journal of Nursing 78-8 (1978): 1347-1351.

Important physiological changes occur with aging which may alter responsiveness to drugs. Specific recommended dosages are seldom included in manufacturer's information.

Harris, Raymond. Guide to Fitness After Fifty. New York: Plenum Publishing Corporation, 1977.

Provides information on techniques for physical fitness, exercise and relaxation.

Hendricks, Jon and C. Davis Hendricks. "Health Status in the Later Years." Aging in Mass Society: Myths and Realities. Massachusetts: Winthrop Publishers, Inc., 1977.

Brief overview of common chronic diseases of the elderly. Preventive medicine is discussed in terms of primary prevention and secondary prevention. Looks at health plans in two other countries for comparative purposes.

Hogstel, Mildred O. "How Do the Elderly View Their World?" American Journal of Nursing 78-8 (1978): 1335-1336.

Health care personnel need to understand how elderly persons view their world in order to give help and treatment. An interesting suggestion was to hold funerals of patients in nursing home chapels.

Jackson, Jacquelyne Johnson. "Special Health Problems of Aged Blacks." Aging 287-288 (1978): 15-20.

Discusses health perceptions, age changes, prevalent diseases, functional health, and use of health resources.

Johns, Edward B., et al. "Reducing Risks of Major Killers and Disablers." Health for Effective Living. New York: McGraw-Hill Book Company, 1975.

Contains information on chronic diseases, detection and treatment. Individuals often can prevent or delay the onset of these diseases.

Johnson, Linda. "Living Sensibly." American Journal of Nursing 75-6 (1975): 1015-1016.

Focuses on diet modification, routine exercise, and preventive health care for middle aged adults.

Kart, Cary S. "Some Biological Aspects of Aging." Aging in America: Readings in Social Gerontology. Edited by Cary S. Kart and Barbara B. Manard. Sherman Oaks, California: Alfred Publishing Company, Inc., 1976.

Summarizes the physical changes in aging. Looks at the various systems in the body and how they are affected in the aging process.

May, Elizabeth Eckhardt, et al. Independent Living for the Handicapped and the Elderly. Boston: Houghton Mifflin Company, 1974.

Guide to independent living for adults and children who have physical limitations. It is also a useful guide for families and professionals in the fields of family living and rehabilitation. Topics include dressing, methods of simplifying work, and recreation.

Merchant, Mel. "Home for Supper - The Day Hospital." Aging May-June (1979): 8-10.

Patients in the Burke Rehabilitation Center in White Plains, New York come to the day hospital for a full days program of treatment and return home at night.

Milliken, Mary Elizabeth. Understanding Human Behavior: A Guide for Health Workers. New York: Delmar Publishers, 1969.

Written to enable health workers to become more adept at understanding and helping their patients.

Morris, Woodrow W. Clothing for the Handicapped, the Aged, and Other People with Special Needs. Springfield, Illinois: Charles C. Thomas Publishers, 1979.

Interesting, illustrative book which describes physical handicaps and the adaptation of specific design for the various clothing problems.

Powell, Lawton, M. "The Functional Assessment of Elderly People." Readings in Gerontology, Edited by Virginia A. Brantl and Sister Marie Raymond Brown. St. Louis, Missouri: C. V. Mosby Company, 1973.

Assessment of older people's abilities and a refutation of many misconceptions about their capacities.

Richmond, Julius B. "Health Promotion and Disease Prevention in Old Age." Aging May-June (1979): 11-15.

Looks at "normal" changes in aging, chronic diseases, social and psychological factors and suggests good health practices for older people.

Scheingold, Lee D. and Nathaniel N. Wagner. Sound Sex and the Aging Heart: Sex in Mid and Later Years--With Special Reference to Cardiac Problems. New York: Human Science Press, 1974.

Discusses physiological and psychological aging and the relationship to cardiac problems and sexual activities. Specific suggestions for remaining sexually active are included.

Schwaid, Madeline C. "Advice to Arthritics: Keep Moving." American Journal of Nursing 78-8 (1978): 1708-1709.

An arthritic encourages persons suffering from arthritis to lead an active life in order to avoid discouragement, depression and further inactivity.

Schwartz, Doris. "Safe Self-Medication for Elderly Outpatients." American Journal of Nursing 75-10 (1975): 1808.

Addressed to nurses but could be a guide for all persons who work with the elderly to help prevent medication errors.

Shanas, Ethel, et al. "The Psychology of Health." Middle Age and Aging: A Reader in Social Psychology. 5th imp. Edited by Bernice L. Neugarten. Chicago: The University of Chicago Press, 1975.

Includes "index of incapacity" which was primarily derived from Peter Townsend's work. Focuses on the older person's ability to perform minimal tasks in personal care which help him maintain independence. This is a self-rating index which is a guide to degree of incapacitation.

Sherman, Edith M. and Margaret R. Brittan. "Contemporary Food Gathers: A Study of Food Shopping Habits of an Elderly Urban Population." The Gerontologist 13-3 (1973): 358-364.

The findings of this study have implications for design and implementation of numerous social services for the older population.

Taylor, Robert B. Feeling Alive After 65: The Complete Medical Guide for Senior Citizens and Their Families. Rochelle, New York: Arlington House Publishers, 1973.

A manual for the over sixty-five population. Explains changes in the body, nutrition, common diseases in the elderly, and drug and diet therapy.

Vancura, E. J. "Guard Against Unpredictable Drug Responses in the Aging." Geriatrics 34-4 (1979): 63-73.

Altered and unexpected responses to treatment can be caused by the changes which occur in physiological aging. Changes can alter absorption, distribution, metabolism, and elimination of drugs. Interaction of several drugs can cause unexpected responses.

MENTAL HEALTH

Bier, William C. Aging: Its Challenge to the Individual and to Society. New York: Fordham University Press, 1974.

Written primarily for clergymen, but could be used by professionals and general public. An attempt to increase spirituality and religion in the aged. Includes information on religious retirement. Suggests need for longitudinal studies in religious communities on aging and retirement. Calls for development and growth through relationship with God and fellowman.

Bourdreault, Marie-France, et al. To Live With Dignity. Institute of Gerontology. Ann Arbor: The University of Michigan, 1975.

An interesting report of a program based on Milieu Therapy. Describes the progress in communication and living skills of frail and mentally incapacitated elderly patients.

Brown, Mollie, ed. Readings in Gerontology. 2nd ed. St. Louis: The C. V. Mosby Company, 1978.

Compilation of readings. Topics include: developmental tasks for the elderly, functional assessments and a longitudinal study of the effect of aging on attitudes and activities. Includes information on human sexuality, grief, suicide, and the aged Blacks.

Burnside, Irene Mortenson. "Mental Health in the Aged: The Nurses Perspective." Aging: Prospects and Issues. 4th ptg. Edited by Richard H. Davis. California: The University of Southern California Press, 1977.

A nurse discusses common mental problems of the elderly. Important causes of loneliness are confinement and immobility. One antidote is human closeness. Old people need at least one confidante. Senile brain syndrome may be reversible or irreversible.

Butler, Robert N. and Myrna I. Lewis. Aging and Mental Health: Positive Psychosocial Approaches. St. Louis: The C. V. Mosby Company, 1977.

The author discusses the physical and mental health of the elderly as well as diagnostic treatment and prevention factors. Stereotypes and myths about the aged are refuted.

Clark, E. "Loneliness." Developing Behavioral Concepts in Nursing. Edited by L. T. Ziderad and H. C. Belcher. Atlanta: Southern Regional Board, 1968.

Discusses loneliness as a part of humanity with varying degrees of impact. Defensive behavior is used to mask feelings of anxiety and loneliness. Inability to love may be related to loneliness and the impact it has on older people.

Cohen, Stephen Z. and Bruce Michael Gans. The Other Generation Gap: The Middle-Aged and Their Aging Parents. Chicago: Follett Publishing Company, 1978.

Written especially for middle-aged men and women to help them understand the generation gap which can arise between adult children and aging parents. The major objectives of this book are to help the middle-aged child understand the dynamics of aging and to help the child strike a happy medium between helping the parent and providing for their own needs. Provides general information about aging which will help middle aged individuals provide better for their own aging. Includes information on helping the parent to remain independent.

Connors, John K. "Detecting Alcoholism in Clients." The Personnel and Guidance Journal 57-10 (1979): 532-536.

Includes instruments to aid the clinician in diagnosing the presence of alcoholism in a client or patient. Could be used by a lay person to test his knowledge about the symptoms of alcoholism.

Coons, Dorothy H. The Administrative Staff's Role in Program Development. Institute of Gerontology. Ann Arbor: The University of Michigan, 1973.

Based on the author's own experience in a therapeutic treatment center. Methods of working with staff in an institutional environment to develop a better treatment program for elderly patients. Better opportunities for the staff in personal growth and job satisfaction can be additional plusses.

_____. Brookside Manor. Institute of Gerontology. Ann Arbor: The University of Michigan, 1975.

A simulation designed for professionals working with the elderly. Involves the participants in issues which are common to the older adult. Includes problems faced by this age-group when they move from their own homes.

Davis, Richard H., A. V. ed. "Audio-Visual Media and Aging--Grandparenting: Varying Themes in Film." The Gerontologist 17-1 (1977): 45-47.

Discusses the use of films and cautions against misuse which can perpetuate stereotyping. Films on grandparenting, Foster Grandparent Program, and intergenerational relationships are reviewed.

Diekleman, Nancy. "The Emotional Tasks of the Middle Adult." American Journal of Nursing 75-6 (1975): 997-1001.

A positive description of the developmental tasks of the adult in mid-life. The reader will be encouraged to leave negativism and guilt and attempt to achieve new developmental tasks.

Dresen, Sheila E. "Autonomy: A Continuing Developmental Task." American Journal of Nursing 78-8 (1978): 1344-1346.

Overview of several authorities' opinions on methods of handling problems of independence and dependence among the aged. Problems are illustrated in several case studies.

Faberow, Norman L. and Sharon Y. Moriwaki. "Self-Destructive Crises in the Older Person." The Gerontologist 15-4 (1975): 333-337.

Review of suicide in general and neuropsychiatric hospitals to determine diagnostic and demographic characteristics and causes. Looks at community crisis center usage. Includes suggestions for meeting the needs of older persons in hospitals and crisis centers.

Geba, Bruno. Vitality Training for Older Adults. New York: Random House, 1974.

The author suggests that the aging adult needs a positive attitude toward aging and that help comes from within the individual. Self-help guide to enhance life in the later years. Could be used by professionals as a training guide.

Goldberg, Stella R. and Francine Deutsch. Life-Span Individual and Family Development. California: Brooks/Cole Publishing Company, Inc., 1977.

Includes interpersonal relationships, dysfunctions in development and methods of intervention. Cognition in the elderly, learning and memory, and the developmental tasks are included.

Gomberg, Edith S., ed. Drugs and the Elderly--Usage and Problems. Institute of Gerontology. Ann Arbor: The University of Michigan, forthcoming.

Addressed to the professional who provides services to the elderly. Overview of past and current studies, citations of research agreement and disagreement, and suggestions for research and the development of clinical services.

Gubrium, Jaber F. ed. Time, Roles, and Self in Old Age. New York: Human Science Press, 1974.

Collection of previously unpublished papers dealing with the subject of time, roles and self and the relationships among them. Includes information on effect of consistency in roles of self, response to time-disordered relationships and the "generation gap."

Hall, Edward T. The Hidden Dimension. New York: Doubleday & Company, Inc., 1966.

People from different cultures may use different culturally patterned sensory perceptions. Data screened through one set of sensory screens is different than experiences perceived by another individual. Looks at the way screening is used by different people in their daily interactions. Examines problems of communication, perception of and use of space, social distance and territorial patterns.

Hendricks, Jon and C. Davis Hendricks. Aging in Mass Society: Myths and Realities. Massachusetts: Winthrop Publishers, Inc., 1977.

Explains the normal psychological aspects of aging, adjustment patterns, and psychological disorders in later life.

Henry, Jules. "Time, Space, Motion, Objects and People." Pathways to Madness. New York: Random House, Vintage Books, 1973.

Time, space, motion, light and darkness, and objects are all integral parts of life. Once a pattern is developed, most people are guided by this pattern.

Hepner, Harry W. "Your Life Review--An Aid to Self-Discovery." Retirement--A Time to Live Anew: A Practical Guide to Managing Your Retirement. New York: McGraw-Hill Book Company, 1969.

Explains the importance of life review to enable the individual to gain release from fixed ideas and past experiences and to recognize past achievements.

Hollenshead, Carol, et al. Past Sixty: The Older Woman in Print and Film. Institute of Gerontology. Ann Arbor: The University of Michigan, 1977.

Annotated bibliography on financial and legal concerns, interpersonal relationships, widowhood, sexuality and ethnic backgrounds. Includes both scholarly journals and popular magazines.

Insel, Paul M. and Henry Clay Lindgren. "Too Close for Comfort." Psychology Today 11-7 (1977): 100-106.

That "crowded feeling" depends on the individual's attitude toward the other persons sharing the space. A look at space and territoriality.

Knopf, Olga. Successful Aging: The Facts and Fallacies of Growing Old. New York: Viking Press, 1975.

A seventy year old psychiatrist addresses the older population. Written in lay terms, the book explains changes in the body and adaptations which can be made. Emphasis is on understanding the changes in aging which can lead to adaptation and a more positive outlook.

LaRue, Vivien. Two Years with Eighty Patients: The Evaluation of a Therapeutic Environment. Institute of Gerontology. Ann Arbor: The University of Michigan, 1973.

A frank discussion of the reorganization of a geriatric ward in a mental hospital to a more therapeutic program. The problems and obstacles experienced by staff and patients are discussed.

Lewis, Myrna I. and Robert N. Butler. "Why is Women's Lib Ignoring Old Women?" International Journal of Aging and Development 3 (1972): 223-231.

Calls on older women to reject stereotypes of the aged and to use their political power to improve quality of life for older women. Suggests that the women's movement is guilty of ageism.

Loesch, Larry C. and Nancy A. Loesch. "What Do You Say After You Say..... Mm...hmm?" American Journal of Nursing 75-5 (1975): 807-809.

Addressed to nurses but could apply to many professionals. Discusses various counseling techniques.

Metzelaar, Lena. Social Interaction Groups in a Therapeutic Community. Institute of Gerontology. Ann Arbor: The University of Michigan, 1973.

A guide for professionals to help them set up a group therapy program. Techniques for working with disoriented patients are given.

Moberg, David O. "Needs Felt by the Clergy for Ministries to the Aging." The Gerontologist 15-2 (1975): 170-175.

Report of a study conducted in Greater Milwaukee. Only 29% of the 109 clergymen had had any specific training to enable them to understand and deal with feelings and problems of the elderly. Indicates the need for a brief questionnaire at clergy meetings to identify areas for continuing education.

Newman, Barbara M. and Philip R. Newman. Development Through Life: A Case Study Approach. Homewood, Illinois: The Dorsey Press, 1976.

Collection of case material demonstrates cognitive, emotional and social development through the stages of the life-cycle. Autobiographical segments illustrate developmental tasks and psychosocial crises in various stages of life.

Neugarten, Bernice L., et al. "Personality and Patterns of Aging." Middle Age and Aging. Edited by Bernice L. Neugarten. Chicago: The University of Chicago Press, 1975.

Study of the patterns of aging using three sets of data: personality type, extent of role activity and degree of life-satisfaction.

Northcott, Herbert C. "Too Young, Too Old--Age in the World of Television." The Gerontologist 1502 (1975): 184-185.

Findings from a content analysis of television drama. The older adult is portrayed infrequently on television and in contrast to the competent adult between the ages of thirty and sixty.

O'Brien, et al. "Counseling the Aging: Some Practical Considerations." The Personnel and Guidance Journal 57-6 (1979): 288.

Discusses the multiple losses which confront the aged. Specific techniques and suggestions to help the client realize his own strength and potential.

Otten, Jane and Florence D. Shelley. When Your Parents Grow Old: Information and Resources to Help the Adult Son or Daughter Cope with the Problems of Aging Parents. 2nd ed. rev. New Jersey: The American Library, Inc., 1977.

An excellent resource for adults with aging parents. Covers every aspect of aiding parents: information on supportive services, medical, legal and financial services, senior organizations and interpersonal relationships.

Owens, Thelma. Love, Honor, and Hang On. Pasedena, California: Ward Ritchie Press, 1976.

Written for senior citizens, it brings out many of the concerns of the elderly in a humorous way. As a wife with a retired husband she speaks with experience about too much togetherness, a husband underfoot, being asked to do all those volunteer chores, and problems in a youth oriented society.

Peck, Robert C. "Psychological Developments in the Second Half of Life." Middle Age and Aging. Edited by Bernice L. Neugarten. Chicago: The University of Chicago Press, 1975.

Discusses the division of the second half of life into different kinds of psychological learnings and adjustments according to a middle-aged period and an old age period for the benefit of study. Concludes that it may be more beneficial to study samples which are homogenous according to some stage in the life-cycle rather than chronological data. It may be that more could be learned about the principles of psychological development and learning in later life if groups are studied who are experiencing the same developmental task, such as children leaving home.

Petty, Beryl J., et al. "Support Groups for Elderly Persons in the Community." The Gerontologist 15-6 (1976): 522-528.

Detailed article on techniques used in four community-based support groups for elderly persons experiencing stress. Information about the aging process, changes in later life and the learning of interpersonal skills had positive effects.

Puner, Morton. "Mind, Memory and Time." To the Good Long Life. New York: Universe Books, 1974.

Most scientific evidence shows that mental abilities and competence may remain long after eighty, mental performance may improve as we age, we can continue to learn, and memory need not have age limits. The more older people reminisce the better off they are.

Riley, Matilda White, and Anne Foner. Aging and Society: Volume One: An Inventory of Research Findings. New York: Russell Sage Foundation, 1968.

Part three of this book reports research on the psychological characteristics and attitudes of older adults. Suggests areas for additional research. Part four focuses on the structure of roles, participation in work, voluntary associations and leisure roles. Covers religious and political involvement and the relationships of family and friends.

Singer, Jerome L. "Fantasy: The Foundation of Serenity." Psychology Today 10-2 (1976): 32-37.

Fantasy and daydreaming may be an important part of growth and development. Highly imaginative people are more relaxed than those who are not imaginative.

Turner, Jeffrey S. and Donald B. Helms. Life Span Development. Philadelphia: W. B. Saunders Company, 1979.

A concise, well written book which contains a wealth of information about mental health, personality and social development, patterns of successful aging, and family and interpersonal relationships.

Woodruff, Diana S. and David A. Walsh. "Research in Adult Learning: The Individual." The Gerontologist 15-5 (1975): 424-430.

Summarizes past research in adult learning. Education and learning is discussed in relation to developmental tasks. Prerequisites for learning are included.

_____. Understanding Alcoholism: For the Patient, the Family, and the Employer. Compiled and edited by The Christopher D. Smithers Foundation, Inc. New York: Charles Scribner's Sons, 1968.

Discusses history of alcoholism as a disease, program for arresting the disease, alcoholism and the family, major health problems in industry, alcohol education and services for the alcoholic and the family.

Zarit, Steven H. "Helping an Aging Patient to Cope with Memory Problems." Geriatrics 34-4 (1979): 82-90.

Memory loss appears to be related to stereotyping and to depression. Studies point out that there is a discrepancy between self-reported memory loss and objective test reports. Training programs to improve memory and treatment of severe memory loss are often effective.

FAMILY AND SOCIAL RELATIONSHIPS

Bellak, Leopold. The Best Years of Your Life: A Guide to the Art and Science of Aging. New York: ATHENEUM, 1975.

Written for the aged to help them understand themselves, their spouses and others in their age-group. The book is also written to help adults in mid-life understand their aging parents and themselves.

Borges, Marilyn A. and Linda J. Dutton. "Attitudes Toward Aging: Increasing Optimism Found with Age." The Gerontologist 16 (1976): 220-224.

A study of 532 respondents from a wide age-range to determine attitudes toward aging. The older age-groups rated their life-satisfaction at that age more satisfying than younger respondents projected their life-satisfaction would be at that age. The authors suggest that their findings indicate that there is a significant lack of knowledge among young members in our society about the potential for positive life-satisfaction for older persons.

Burnside, Irene Mortenson. "Listen to the Aged." American Journal of Nursing 75-10 (1975): 1801-1803.

Listen and learn from the aged about: sexuality, problem-solving, grief, sensory deprivation and survival.

Cameron, Marcia J. Views of Aging: A Teachers' Guide. Ann Arbor, Michigan: University of Michigan Press, 1976.

A teacher's guide to assist students to understand the changes and adjustments which older adults are confronted with in later life. Younger students will gain insight through the various activities and mini-units described in the manual.

Claven, Sylvia and Ethel Vatter. "The Affiliated Family: A Device for Integrating Old and Young." The Gerontologist 12 (1972): 407-412.

Alternative life-style which would integrate older women into family life while permitting younger women to achieve careers.

Comfort, Alex. A Good Age. New York: Crown Publishers, Inc., 1976.

A beautifully illustrated book which every adult should read. Especially written for those who have concerns about their own aging. Uses portraits and success stories to demonstrate the array of options open to older adults.

Deutscher, Irwin. "The Quality of Postparental Life." Middle Age and Aging: A Reader in Social Psychology. 5th imp. Edited by Bernice L. Neugarten. Chicago: The University of Chicago Press, 1975.

Data from this study indicates that the postparental stage is not viewed as unfavorable by the people involved. This is a relatively new role and there has not been a great deal of research.

Eshleman, J. Ross. "Marriage and the Family in the Middle and Later Years." The Family: An Introduction. 2nd ed. Boston: Allyn and Bacon, Inc., 1978.

Examines the middle and later years. Gives general information and descriptions of families, socialization process of older adults, grandparent role, family interactions and living arrangements, postmarital family, and intergenerational relationships.

Fengler, Alfred P. and Nancy Goodrich. "Wives of Elderly Disabled Men: The Hidden Patients." The Gerontologist 19 (1979): 175-183.

Focuses on the elderly female caretaker when her husband is incapacitated. Through interviews the researchers divided the wives into low and high morale groups. Wives of low morale group had greater need for support if the spouse was institutionalized. Frequently mentioned problems of this group were isolation, loneliness, economic problems, and too many roles such as bread winner and caretaker.

Galton, Lawrence. Don't Give Up On An Aging Parent. New York: Crown Publishers, Inc., 1975.

A discussion of society's and the medical professionals' failure in dealing with the elderly. Case studies are cited which focus on older adults who have recovered after proper medical and social intervention.

Grollman, Earl A. and Sharon Hya Grollman. Caring for Your Aging Parents. Boston: Beacon Press, 1978.

This book has a warm interesting format which gives the reader a sense of communicating with a friend. The authors use this method of communicating to convey their message of the importance of understanding and accepting their own feelings of love and guilt when dealing with their aging parents. They discuss supportive community services for elderly parents and possible housing alternatives.

Hargreaves, Anne G. "Making the Most of the Middle Years." American Journal of Nursing 75-19 (1975): 1772-1776.

Middle age is the time to master challenges and a time for personal growth and development. It is possible to identify potential problems and modify the situation in order to reduce the impact. A good time for personal assessment and planning for the future.

Hoult, Thomas Ford, et al. Courtship and Marriage in America: A Text with Adapted Readings. Boston: Little, Brown and Company, 1978.

Contains information about sex-roles, sexual attitudes, sexual anatomy, marriage alternatives, parent-child interaction, marital dissolution and remarriage.

Jedlicka, Davor. "Sex Inequality, Aging, and Innovation in Preferential Mate Selection." The Family Coordinator 27 (1977): 137-140.

The study points out the double standard for mate selection in our society. Men are allowed to marry younger women or are free to remain single. Aging and mate selection is discriminatory for older women.

Kidwell, I. Jane and Alan Booth. "Social Distance and Intergenerational Relations." The Gerontologist 17 (1977): 412-420.

A report of a survey, by means of a questionnaire, of a group of adults to determine the extent of social distance between individuals from different age groups. The greatest social distance was felt toward the elderly.

Neugarten, Bernice L. "The Awareness of Middle Age." Middle Age and Aging: A Reader in Social Psychology. 5th imp. Edited by Bernice L. Neugarten. Chicago: The University of Chicago Press, 1975.

Data from one study of "100 well-placed middle-aged men and women" seems to indicate that these people had a positive view of mid-life. Neugarten found that these subjects had a variety of cognitive strategies, were capable of manipulation and control of their own environment, were competent, had introspection, and were able to structure and restructure information from past learning. Successful people often state that they feel they are no longer "driven" but feel they are in control as the "driver."

Otten, Jane and Florence D. Shelley. When Your Parents Grow Old: Information and Resources to Help the Adult Son or Daughter Cope With the Problems of Aging. 2nd ed. rev. Signet Books, 1978.

Addresses the adult with aging parents. Covers the various aspects of aging and coping techniques.

Otto, Herbert A. "The Family Value Fugue Incident: Initial Exploration of a Neglected Area." The Family Coordinator 26 (1977): 13-17.

Otto, in his research on family strengths, discovered a common occurance of what he calls "Family Value Fugue Incident." This phenonemon, which occurs in about twenty percent of the population of all two generation families, involves conflicts between heirs in estate division or other monetary dealings. He gives a number of case studies which could be used in estate planning sessions of a preretirement course.

Peplau, Hildegard. "Mid-Life Crisis." American Journal of Nursing 75-10 (1975): 1761-1765.

Examines potential stress areas in the adult between the ages of thirty to fifty.

Powell, Judith A. and George E. Arquitt. "Getting the Generations Back Together: A Rationale for Development of Community Based Intergenerational Interaction Programs." The Family Coordinator 27-4 (1978): 421-426.

This article offers guidelines and program suggestions for professionals, agencies, and educational institutions to re-establish intergenerational community experiences and contacts for all age-groups.

Shanas, Ethel. "The Family as a Social Support System in Old Age." The Gerontologist 19 (1979): 169-174.

Report of findings on a study of social support systems of the elderly. The author reports that the family is the major support system to the non-institutionalized older person during illness. The extended family was found to be the main tie to the community for the older person.

Smith, Richard Knox. 49 and Holding. New York: Two Continents Publishing Group, 1975.

Written for ministers who are in mid-life and their families, friends and parishioners to help in the understanding of a "disease" which the author says happens to clergy in mid-life. This is a self-help book for ministers which includes a chapter on preretirement planning.

Tebbel, John. The Mass Media. Washington, D. C.: The National Council on the Aging, Inc., 1976.

Monograph based on survey conducted by Louis Harris and Associates public opinion study, The Myths and Realities of Aging. Examines items based on the responses to the Harris Poll. The author hopes that this exploration will increase awareness among media of the portrayal of older people. Recommends that media should be used as an instrument to change stereotypical views.

Treas, Judith and Anke VanHilst. "Marriage and Remarriage Rates Among Older Americans." The Gerontologist 16 (1976): 132-135.

Statistics reveal that there has not been a significant increase in late-life marriages. The author discusses reasons for the infrequency of marriages of older adults. Cites the characteristics of the more likely candidate for late-life marriage and remarriage.

White, J. Gustav. Laughing with Senior Achievers: The Fourth Quarter Players. Whittier, California: Associated Certified Psychologists, 1973.

Pictures and bibliographical sketches of men and women who were active past the age of seventy.

Woehrer, Carol E. "Cultural Pluralism in American Families: The Influence of Ethnicity on Social Aspects of Aging." The Family Coordinator 27-4 (1978): 329-337.

This paper points out that older Americans and their families have been influenced by their ethnic or cultural backgrounds. It is important to study ethnic variations and their influence in order to understand the older adult in relationships with their nuclear and extended families.

HUMAN SEXUALITY

Berezin, Martin. "Sex and Old Age Literature Review." Geriatric Psychiatry II (1969): 131-150.

A review of literature and research on aging from 1925 through the Kinsey study in 1948. The author points out that more research was geared toward sexuality in the older male than the older women.

Butler, Robert, and Myrna Lewis. Aging and Mental Health: Positive Psychological Approaches. St. Louis: C. V. Mosby Company, 1973.

The authors' section on "Sexuality in Old Age" deals with society's negative attitudes toward sexuality and aging, a review of studies about sexuality in the aged, physical characteristics of sex in old age, sexuality and physical ailments and treatment for sexual dysfunctions.

Butler, Robert and Myrna Lewis. Sex After Sixty. New York: McGraw Hill, 1976.

A warm and sensitive book which is written to help the older adult to understand his own sexuality in the later years. It is written in an informal manner to encourage older persons to view sexuality as an expression of tenderness, warmth and love which they can enjoy if they choose.

Cameron, Paul and Henry Biber. "Sexual Thought Throughout the Life-Span." The Gerontologist 13 (1973): 144-147.

Investigates the range of occurance of sexual thoughts in persons between the ages of 80 and 90. Findings indicate that sexual thoughts decrease with aging.

Christensen, C. and J. Gagnon. "Sexual Behavior in a Group of Older Women." Journal of Gerontology 20 (1965): 351-356.

Interviews with 241 women who were or had been married and were fifty years old or older pointed out that sexual aging depended on a variety of factors. Some of these factors which affected sexual aging were type of sexual activity, age of spouse, marital status, and religion. The findings indicated that women in this study enjoyed sexual fulfillment in relation to their husbands' age.

Christensen, C. and A. V. Brian. "Sexual Potency in Elderly Men Before and After Prostatectomy." Journal of American Medical Association 196 (1966): 139.

A report of a study of 102 men who had had prostatectomies. Of the men who were potent before the surgery, 84% remained potent after the surgery. The conclusion of the researchers was that the type of surgery was not significant and that prostatectomy does not affect a large number of men.

Cirese, Sarah. "Growing Older." Quest: A Search for Self. New York: Holt, Rinehart and Winston, 1977.

Overview of stereotyping and ageism, need for itimacy, sexual fulfillment, sex roles, competence, and potential.

DeLora, Joann S. and Carol A. B. Warren. "Sexuality in the Middle and Later Years." Understanding Sexual Interaction. Boston: Houghton Mifflin Company, 1977.

Excellent discussion about sexual concerns in the over-thirty population. Deals with monogamy, sexuality and the unmarried, and the physiological changes and sexuality in the older adult.

DeNicola, Pietro and M. Perrusa. "Sex in the Aged." Journal of American Geriatrics Society 22-8 (1974): 380-384.

Data from the author's study on sexual habits and activities of older persons in Italy. Reasons for decrease in sexual interest and activity are discussed. Author recommends sex education and counseling.

Dickinson, Peter. The Fires of Autumn: Sexual Activity in the Middle and Later Years. New York: Drake Publishers, 1974.

Dickinson emphasizes that society socializes its members to believe that sexual activity and interest will decline and that this can actually be a self-fulfilling prophecy. This is a warm sensitive approach to sexuality in the later years.

Downey, Gregg. "The Next Patient Right: Sex in the Nursing Home." Modern Health Care (1974): 56-60.

Report of a Toronto Conference on "Sexuality in the Aging Individual." The physiological changes, sexual capacity and abilities are reviewed. Downey advocates changing sexual attitudes and restrictions on patients in nursing homes.

Felstein, Ivar. Sex in Later Years. England: Pelican Books, 1973.

Myths and stereotypes about sexuality in the aged are refuted. Author attempts to increase interest in and knowledge about aging and sexuality. Information about continuing sexual interest and activities in marriage is provided.

Frank, Stanley. "Oh, to be Seventy Again!" The Sexually Active Man Past Forty. New York: Macmillan Company, 1968.

A review of the myths about sexuality and aging. The author discusses the benefits of sexual activity in the over 65 age-group. He points out that sexual interest among the older age-group is much higher than society suspects. He relates the performance of sexual activity and physical closeness to the need for food. Both are important components of life.

Freeman, J. T. "Sexual Capacities in the Aging Male." Geriatrics 16 (1961): 37.

The author reports his findings from a questionnaire mailed to 74 men and 19 women. His findings point out that the older adult has an interest in and capability of sexual activity as reported by 75% of the men in the study. Only a small number of women asnwered the questionnaire and of this group 60% reported sexual interest. The author cites the lack of sexual partners as a problem for older females.

Furlow, William L. "Diagnosis and Treatment of Male Erectile Failure." Diabetes Care 2-1 (1979): 18-25.

Discusses erectile failures. Treatment of male erectile failure can be either medical or surgical. Surgical treatment through the use of the implanation of alloplastic materials can be done by two different methods: (1) implantation of semi-rigid rod prosthesis, which allows semi-rigid erection and (2) implantation of an inflatable penil prosthesis which permits a controllable erection.

Gadpaille, Warren. Cycles of Sex. New York: Charles Scribner's Sons, 1975.

Relates ego integrity (last developmental stage according to Erickson) to sexual activity. Sexuality varies through the psychosexual cycle, and with this come different changes in sexual fulfillment.

Gochros, Harvey. "The Sexually Oppressed." Social Work 17-2 (1972): 16-23.

The social worker is encouraged to become aware of the problems of human sexuality and the limited societal approved outlets for the oppressed members of society. There is a special emphasis on the sexual needs of the aged, homosexuals, the institutionalized, and the incarcerated population.

Griggs, Winona. "Sex and the Elderly." American Journal of Nursing 78-8 (1978): 1352-1354.

Sexual needs continue throughout the life-span. Means of expressing sexual feelings may change with aging.

Jacobson, Linbania. "Illness and Human Sexuality." Nursing Outlook 22 (1974): 50-53.

Physical disorders, medication, and treatment may lead to sexual tensions and problems. Sexual needs, abilities and problems of older adults should be acknowledged and alternatives and sex education should be a part of the program.

Jones, Kenneth L., et al. Sex and People. New York: Harper and Row, 1977.

Contains information on biological, psychological and sociological aspects of sexuality. Topics include: male sexual anatomy and physiology, female sexual anatomy and physiology, sexual intercourse, sexuality and aging and sexual myths and fallacies.

Kaas, Merrie Jean. "Sexual Expression of the Elderly in Nursing Homes." The Gerontologist 18 (1978): 373-377.

Attitudes about sexual expression of older persons was studied through the use of a questionnaire. Eighty-five older nursing home patients and two hundred and seven nursing home staff were questioned. The patients responded more conservatively than did the staff. The patients stated that they felt sexually unattractive and cited lack of privacy as a factor in their limited sexual activity.

Kaplan, Helen Singer. The New Sex Therapy: Active Treatment of Sexual Dysfunctions. New York: Brunner/Mazel, 1974.

Kaplan discusses in detail, in her chapter on sexual dysfunctions and treatment in older persons, the effect of the partner's expectations on sexual performance and the biological differences between the sexes in sexual activity and interests.

Kassel, V. "Polygymy After 60." Geriatrics 21-4 (1966): 214-218.

The author suggests societal values and attitudes should be changed in order to alter the social problems of older adults. A modification of or change in the law restricting marital roles to the monogenous state, according to the author, might solve some of the problems of the aged such as problems of housing, income, loneliness, and the ratio of women to men in household settings.

Knopf, Olga. "Sexual Adaptation in Later Life." Successful Aging. New York: The Viking Press, 1975.

The prejudices and inhibitions concerning sexual interest and sexual abilities of older people keep this age-group from enjoying a more satisfying sex-life. They need to become informed about "their own facts of life." Myths and misconceptions about sexuality and aging can lead the older generation toward the self-fulfilling prophecy. Sexual outlets and other substitute gratifications are discussed. New opportunities for intimacy and remarriage are included.

Krozy, Ronna. "Becoming Comfortable With Sexual Assessment." American Journal of Nursing. 78-6 (1978): 1036-1038.

Lists general characteristics that a sexually comfortable person might be expected to possess in order to understand and counsel others.

LeWitter, M. and A. Abarbanel. "Aging and Sex." Encyclopedia of Sexual Behavior. Edited by Ellis and Abarbanel. New York: Hawthorne Books, 1973.

The author emphasizes that problems with both potency and libido can be a result of the lack of understanding about sexual functioning. Sexual functioning is dependent upon positive attitudes and continued sexual activity. Sexual interest and activity does decrease with aging but does not need to cease.

Lobsenz, Norman. Sex After 65. New York: Public Affairs Pamphlet. n.d.

Myths and stereotypes about sexual performance, sexual exertion, and interests are discussed and refuted. The author cautions that belief in these misconceptions can lead to self-fulfilling prophecies.

Masters, William and Virginia E. Johnson. "Geriatric Sexual Response." Human Sexual Response. Boston: Little Brown, 1966, 223-260.

An overview on the subject of sex and aging which is based on findings from a study of actual laboratory observations and from interviews with older adults. Findings indicate that males experience a waning of sexual abilities and interests earlier than women. Sexual interests and abilities in this research confirmed Kinsey's earlier findings that sexual ability in later life is dependent upon sexual patterns in earlier life.

McCarthy, Barry W., et al.. "Sexual Expression for the Aging Couple." Sexual Awareness: A Practical Approach. San Francisco: Boyd & Fraser Publishing Company, 1975.

A discussion about the myths of aging, changes in sexual response and some recommended exercises to help older people continue to share and communicate sexually.

McCary, James Leslie. "Sex in the Later Years." Human Sexuality: Physiological, Psychological, and Social Factors. 2nd ed. New York: D. Van Nostrand Company, 1973.

Disputes some of the myths about sexuality in the aged. Gives accurate information about psychosexual aspects of aging, sexual interest and abilities and sexual outlets.

Medley, Morris. "Marital Adjustment in the Post-Retirement Years." The Family Coordinator 26 (1977): 5-11.

Medley emphasizes the importance of self-esteem in marital adjustment. Negative roles may emerge in the absence of a positive self-esteem. Successful sexual activity, according to older adults interviewed, can serve as a buffer against society's negative views on aging.

Newman, Gustave and Claude R. Nichols. "Sexual Activities and Attitudes in Older Persons." Perspectives on Human Sexuality: Psychological, Social and Cultural Research Findings. Edited by Nathaniel N. Wagner. New York: Behavioral Publications, Inc., 1974.

Report of a comprehensive study of geriatric subjects in North Carolina to assess their sexual attitudes and sexual activity. Older people experience a decline in activity and drive but can remain sexually active into very old age.

Pease, Ruth. "Female Professional Students and Sexuality in the Aging Male." The Gerontologist 14 (1974): 153-157.

Examination of students' and professionals' attitudes and misconceptions about sexuality in the aging male. Literature on sexuality in the older male is reviewed and teaching approaches are suggested.

Peterson, James A. and Barbara Payne. Love in the Later Years: The Emotional, Physical, Sexual, and Social Potential of the Elderly. New York: Association Press, 1975.

The author discusses the myths and realities about love, marriage, retirement marriages, and sexual achievement in the later years.

Pfeiffer, Eric. "Sex and Aging." Sexual Issues in Marriage: A Contemporary Perspective. Edited by Leonard Gross. New York: Spectrum Publications, Inc., 1975.

An interpretive summary of various experts' findings about sexuality in the aged. Dispells some of the myths and taboos about sexual activity and sexual interest in this age-group.

Pfeiffer, Eric and Adriaan Verwoerdt, et al. "Sexual Behavior in Middle Life." Sexual Development and Behavior: Selected Readings. Edited by Anne McCreary Juhasz. Homewood, Illinois: The Dorsey Press, 1973.

Study of men and women between the ages of 46 and 71 to determine if male and female differences in sexual behavior exist in middle-age and if these factors do exist, are they antecedents for the sexual differences in later life.

Rubin, Isadore. "The 'Sexless older years' - A Socially Harmful Stereotype." Sexual Development and Behavior: Selected Readings. Edited by Anne McCreary Juhasz. Homewood, Illinois: The Dorsey Press, 1973.

Society's negative attitudes about sexuality in the later years has a harmful influence on the older adult. An overview of recent studies points out that there is a gradual decrease in sexual activity. Barring the loss of a partner or disease, sexual activity can continue into old, old age.

_____. Sexual Life After Sixty. New York: Basic Books, Inc., 1965.

Review of sexual problems, sexual activity and the effect of aging on sexual interests and activities in older persons. Discussion on the sexual aging processes in males and females, sexual needs of older adults and the negative attitudes about sexuality in the elderly. Points out that society needs to re-evaluate its sex stereotyping.

Scheingold, Lee and Nathaniel Wagner. Sound Sex and the Aging Heart. New York: Human Sciences Press, 1974.

Author's main goal is to refute the misconceptions that sexual activity is injurious to the heart and health. Sexual activity after a heart attack is encouraged through the use of data and documentation.

Schiavi, Paul C. and Barbara Higan. "Sexual Problems in Diabetes Mellitus: Psychological Aspects." Diabetes Care 2-1 (1979): 9-16.

Review of data on sexual disorders in individuals with diabetes. Includes information on physio-pathological and psychological determinants in sexual dysfunction and psychological approaches to treatment.

_____. "Sexuality and Sexual Relations." Aging and Behavior: A Comprehensive Integration of Research Findings. New York: Springer Publishing, 1973.

A detailed discussion and refutation of the myths and misconceptions about sexuality in the older person. Psychosocial patterns of sexuality and aging differ for indivduals. Men have a decrease in sexual interest and activity for a number of reasons such as fear of failure, preoccupation with careers, stress, retirement and gradual physical changes. Women may have a more gradual decrease in sexual interest and ability, but they are often denied sexual satisfaction because of lack of available partners, a decrease in regular sexual opportunities and the decrease in sexual ability and interest in the older male.

Smith, Jim and Bonnie Bullough. "Sexuality and the Severely Disabled Person." American Journal of Nursing 75-12 (1977): 2194-2197.

Factual information based on personal experience, interviews and observations of the severely handicapped.

Tavris, Carol and Susan Sadd. The Redbook Report on Female Sexuality: 100,000 Married Women Disclose the Good News About Sex. New York: Delacorte Press, 1977.

Middle-class American women reply to a published questionnaire on a range of sexual experiences. More than 100,000 women returned the completed questionnaire. Most of these respondents reported positive feelings about their marriages, their husbands and their sex lives.

Vincent, Clark. Sexual and Marital Health. New York: McGraw-Hill, 1973.

Vincent discusses the lack of research about "May and September" relationships between individuals and partners who are fifteen to twenty years older. Such relationships, the author says, are often discussed in order to focus on pathological and problematical relationships.

Wasaw, Mona. Sexuality and Aging. Madison: University of Wisconsin, n.d.

A brief booklet which can be used by physicians and nursing homes to help older people understand and accept their own sexuality.

Wilson, Sam and Bryan Strong, et al. Human Sexuality: A Text With Readings. New York: West Publishing Company, 1977.

A collection of readings which presents human sexuality and sexual behavior in an open and non-judgemental fashion. Deals with personal feelings and actions rather than statistics. An excellent book for the professional.

Winter, Ruth. "The Urge That Never Grows Old." Ageless Aging: How Science is Winning the Battle to Help You Extend Your Healthy and Productive Years. New York: Crown Publishers, Inc., 1973.

An informative, easily read discussion of the human needs to be loved, touched and valued. Physiological changes and myths about sexuality are discussed and sexual interaction is encouraged.

DEATH AND DYING

Breu, Christine and Kathleen Dracup. "Helping the Spouses of Critically Ill Patients." American Journal of Nursing 78-1 (1978): 50-53.

Report of the UCLA Plan to help the spouse of a critically ill patient. The patient's primary nurse assumed responsibility in helping the spouse with specific needs as he/she was going through anticipatory grief.

Champagne, Marion G. Facing Life Alone: What Widows and Divorcees Should Know. Indianapolis: Bobbs-Merrill Company, Inc., 1964.

A frank discussion about what every woman should know in order to face the crisis of widowhood and divorce. Topics include finances, family and family relationships, other men and women and remarriage.

Chaney, Patricia S., ed. Dealing with Death and Dying. 2nd ed. Jenkintown, Pennsylvania: Nursing 77 Books, Intermed Communications, 1976.

Addressed to health professionals, but it is an excellent resource for all professionals. Discusses practical problems of death and dying and offers guidelines for helping the patient, the family, the self and other professionals. The author offers several "Skillcheck" questions to help the professional to get in touch with personal feelings and to practice dealing with the patients' problems.

Coburn, Dorothy. "Anticipating Breast Surgery." American Journal of Nursing 75-9 (175): 1483-1485.

A patient discusses her anticipatory grief, before breast surgery, about the loss she was expecting to suffer. She comments on the hustle and bustle of the nursing staff who seem to be avoiding a closer, personal interaction.

Colgrave, Melba. How to Survive the Loss of a Love. Allen Park, Michigan: Leo Press, 1976.

A brief, but interesting book written for anyone who has or will suffer a loss. This easily read book would benefit both the lay person and the professional.

Craven, Joan and Florence S. Wald. "Hospice Care for Dying Patients." American Journal of Nursing 75-10 (1975): 1816-1822.

Program of care for the terminally ill patient and the family. The care doesn't stop with the death of the patient but continued care is provided for the grieving. Hospice care focuses on emotional, spiritual and medical care.

Cutter, Fred. Coming To Terms With Death: How To Face the Inevitable With Wisdom and Dignity. Chicago: Nelson-Hall Publishers, 1976.

A "how to-do-it" guideline for dying with dignity. Focuses on how to prepare yourself, your family, and friends for the fears, taboos and anxieties about death.

Davis, Jann A. "Brompton's Cocktail: Making Good-byes Possible." American Journal of Nursing 78-4 (1978): 610-612.

Brompton's cocktail is used in the treatment of the terminally ill. It lowers the dimension of pain and the concern about returning pain. A case history of a young mother's treatment and death.

Decker, Bea, Interview with Gladys Kooiman. After the Flowers Have Gone. Michigan: Zondervan Publishing House, 1977.

Written to help the widowed face the common problems of and find solutions to the problems encountered by the widowed. Mrs. Decker is the founder of THEOS (They Help Each Other Spiritually) which is a nationally known organization of widowed persons.

Faris, June B. ed. Aging. 289-290 (1978).

Contains information on death and dying, legal rights of the dying patient, needs of the terminal patient and the family, suicide, and the Hospice movement.

Feifel, Herman. New Meanings of Death. New York: McGraw-Hill Book Company, 1977.

Gives insight into society's and the medical professionals' attitudes about death and the dying person. Hospice care of the terminally ill supports the patient and the family so that the patient can die with peace and dignity. Includes preparation for death and post-death activities such as disposition of the body and funerals.

Glick, I., et al. The First Year of Bereavement. New York: J. Wiley & Sons, 1974.

A sensitive, well written book which deals with the emotions and problems of the first year after the loss of a loved one. Addressed to the layman and the professional.

Goleman, Daniel. "We are Breaking the Silence About Death." Psychology Today 10-4 (1976): 44-47, 103.

Overview of Kubler-Ross's work with the dying patient, the psychological stages that the dying patient experiences and the weakening taboos about death and dying. Allowing the patient to talk, Brompton's mixture and the support of staff and family help the patient live the remaining days more fully and to die with dignity.

Griffin, Jerry J. "Family Decision: A Crucial Factor in Terminating Life?" American Journal of Nursing 75-7 (1975): 794.

Discusses the use of euthanasia through an actual case study.

Jackson, Edgar N. The Many Faces of Grief. 6th Printing. Nashville: Parthenon Press, 1977.

Uses illustrative real-life situations to explore the many-faceted manifestations of grief to aid the reader in understanding grief behavior and response. Addressed to persons in care-taking professions. Good resource for individuals experiencing grief or helping others deal with grief.

Kavanaugh, Robert E. Facing Death. Maryland: Penguin Books, Inc., 1974.

An excellent book for both the professional and general public. Calls the reader's attention to our unrealistic attitudes about dying. Kavanaugh, a teacher, psychologist, and former priest, discusses mourning, suicide, euthanasia, and funerals from his observations and personal experiences. Includes discussion on the seven phases or stages of grief and the reactions, needs, and call for help of the bereaved.

Klepser, Mary Jo. "How Does Grief Go On?" American Journal of Nursing 78-3 (1978): 420-425.

Grievers in a family do not always work through the stages of grief at the same rate. One member of the family may be in one stage of grief while another member may be experiencing a different stage of grief.

Kubler-Ross, Elisabeth. On Death and Dying: What the Dying Have to Teach Doctors, Nurses, Clergy and Their Own Families. 12th printing. New York: Macmillan Publishing Co., Inc., 1974.

A warm, sensitive book about the care of the terminally ill. Provides hope and help for the patient, the family and the professional. The author uses interactions with patients to illustrate the stages that the dying patient experiences.

_____. Death: The Final Stage of Growth. New Jersey: Prentice-Hall, Inc., 1975.

The author uses an array of personal views on death and dying to increase the reader's understanding of life and death. The general public and the professional is encouraged to examine feelings about their own death and dying and to examine these findings in relation to their personal dealing with the death of others. The way in which individuals enjoy the "here" and "now" of living and the way they face ultimate death can affect coping with each change in life.

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Kutner, Luis. The Intelligent Woman's Guide to Future Security. New York: Seaburg Press, 1970.

Preparation for widowhood is an important part of the life-cycle. Contains valuable information about financial and business arrangements. A helpful book for preparation for widowhood and for those who have failed to plan.

Lee, Robert E, and Patricia A. Ball. "Some Thoughts on the Psychology of the Coronary Care Unit Patient." American Journal of Nursing 75-9 (1975): 1498-1501.

Discusses different coping techniques used by coronary patients to deal with fear.

Lewis, Alfred Allan with Barrie Berns. Three Out of Four Wives: Widowhood in America. New York: Macmillan Publishing Company, Inc., 1975.

A book which the author addresses especially to husbands. The author suggests the responsiblity for preparing women for widowhood is the responsibility of the husband and that men who do not prepare their wives for this role really don't love them. A variety of problems which will confront the newly bereaved wife are discussed and guidelines on how to minimize these traumatic events are included.

Lopata, Helena Znaniecki. Widowhood in An American City. Cambridge, Massachusetts: Schenkman Publishing Company, Inc., 1973.

A study based on role involvement and role clusters of widows fifty years of age and older in a metropolitan area. An overview of widowhood in our society and a discussion about widowhood, relationships to kin, friendships and community involvement. Conclusions and implications based on the author's findings.

McLaughlin, Mary F. "Who Helps the Living?" American Journal of Nursing 78-3 (1978): 422-423.

A widow attempts to give insight into the problems and emotions the survivor experiences. Professionals are called upon to support the survivors.

Miles, Helen S. and Dorthea R. Hays. "Widowhood." American Journal of Nursing 75-2 (1975): 280-282.

Report on a supportive program for widows. Loneliness, anger and depression were eased with intervention.

Newman, Joseph, directing editor. Teach Your Wife How to be a Widow. Washington, D.C.: U.S. News and World Report, Inc., 1973.

The author begins this excellent book with the question, "Is your wife prepared to be a widow?" He recommends that couples prepare for this likely event. Every aspect of widowhood is covered. Could serve as a guideline for preparing the spouse for either widowhood or widowerhood. Easily read, it could be an excellent resource for women, whose husbands refuse to discuss this issue, to prepare themselves for widowhood.

Peterson, John A. and Briley, Michael P. Widows and Widowhood. New York: Association Press, 1977.

The economic, sociological and psychological problems which often confront the widowed are described. Case studies are used to cite the problems of grief and the methods of working through the grief process. The book is especially written to help the bereaved.

Russell, Ruth O. Freedom to Die: Moral and Legal Aspects of Euthanasia. New York: Human Sciences Press, 1975.

Russell describes the changing attitudes toward euthanasia, the history of and the pros and cons of euthanasia. Includes current legislation and suggestions for legislative change.

Scott, Frances G. and Ruth M. Brewer, editors. Confrontations of Death. Portland, Oregon: Oregon State University, 1971.

A collection of selected readings and methodology for instruction. The book includes some philosophies of life and death, death in poetry and literature, discussion about geriatric staffs' attitude about death, care of the dying patient, bereavement and mourning, considerations about personal death, and understanding of one's own death through simulation. Course outline and syllabus included.

Start, Clarissa. When You're a Widow. St. Louis: Concordia Publishing House, 1968.

A moving autobiographical sketch about a widow who faced widowhood and later remarried which would be especially helpful for the widowed and the professionals in a helping relationship.

Stoddard, Sandol. The Hospice Movement: A Better Way of Caring for the Dying. New York: Random House, Vintage Books, 1978.

Hospice (a medieval term for a place for travelers) views death as an integral part of the life-cycle. Emotional, spiritual and medical support are equally important in providing support to help the patient and the family through the painful emotions and experiences of death and dying and the bereavement period, respectively.

Switzer, David K. The Dynamics of Grief. New York: Abingdon Press, 1970.

Examination of the meaning of grief and society's failure to define and deal with this universal emotion. A review of literature on grief. Although grief can be caused from a variety of types of losses, this book deals with the loss of a person through death. Explanation of a detailed theory of personality which provides the foundation for understanding the inner reaction when a loss is experienced. The major experience of grief is anxiety and all the behavioral responses experienced are related to anxiety.

Tanner, Ira J. The Gift of Grief: Healing the Pain of Everyday Losses. New York: Hawthorn Books, Inc., Publishers, 1976.

A well written, easy to read book which could be used by the lay person and the professional. In-depth discussion of change and the ten broad categories of loss which occur in everyday life. Explanation of the importance of grieving a loss in order to maintain physical and psychological health.

Wallant, Louis. The Human Season. New York: Harcourt Brace, 1960.

A moving description of a widower's plight in a couple oriented society and his struggle to cope with the problems of widowhood.

Whitman, Helen H. "Behavior Modification for Terminally Ill Patients." American Journal of Nursing. 75-1 (1975): 98-101.

Behavior modification can be used to alter undesirable behavior in the terminal patient.

WORK AND LEISURE

Anderson, Nels. Work and Leisure. New York: The Free Press of Glencoe, Inc., 1961.

Discusses pertinent aspects of leisure and the interrelationship of work, time, and leisure.

Arthur, Julietta K. Retire to Action: A Guide to Voluntary Service. New York: Abingdon Press, 1969.

Retirement could be a good time to give services. Retirees are as individualistic in their choices, talents and need satisfactions as they were in early life. Provides an impressive "supermarket" of opportunities available through private and public agencies to enable retirees to have a more meaningful retirement.

Brightbill, Charles K. The Challenge of Leisure. New Jersey: Prentice-Hall, Inc., 1963.

An attempt to look at the link between the life of self-fulfillment in leisure and the total of life's experiences. Defines leisure, problems of leisure, and costs of leisure activities. Looks at the relationship between religion and values, leisure and personality, and leisure and other variables such as health and education.

_____. "Prescription for Action: What Government and People Can Do." Educating for Leisure-Centered Living. Harrisburg, Pennsylvania: The Stackpole Company, 1966.

Educating for leisure will have higher benefits if other environmental and social conditions are improved and individuals, organizations, and government unite to provide education for and provision of leisure time activities. Leisure in the future will be involved with causes and services. Could be used as a guide for preretirees and professionals in developing leisure activities.

Brightbill, Charles K. and Tony A. Mobley. "Leisure: Who Enjoys It Or Endures It?" Educating for Leisure-Centered Living. 2nd ed. New York: John Wiley and Sons, 1977.

Problems with leisure and the difficulties with developing one's potential in leisure are related to security and work and the carry-over of the work ethic into leisure time. Discusses the different leisure classes, persons who have been forced into the leisure role such as the retired, the disabled, the retarded and those who are economically and culturally deprived.

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Buckley, Joseph C. and Henry Schmidt. "A Small Business of Your Own." The Retirement Handbook: A Complete Planning Guide to Your Future. 5th ed. rev. Barnes and Nobel Books, 1973.

Many suggestions for small businesses for supplementing income.

Corbin, H. Dan and William J. Tait Corbin. Education for Leisure. New Jersey: Prentice-Hall, Inc., 1973.

A brief overview on the need for education for leisure. Stresses the importance of recognizing the effect of sociological factors such as health, divorce and age in planning group leisure activities. Includes the relationship of the role of leisure in meeting the needs of individuals, the community responsibility for recreation, the role of industry in recreation and the importance of recreation in rehabilitation. Other topics discussed are recreation and institutions such as churches, civic organizations and commercial recreation. State and federal programs are included.

De Grazia, Sebastian. Of Time, Work and Leisure. New York: The Twentieth Century Fund, 1962.

Overview of the background of leisure and work in our society. Covers free time and its uses, reasons for choosing certain activities, time and how it is spent such as work and work related time, subsistence time such as bathing and eating, and the fear of free time among the professionals which results in over-time or moonlighting.

_____. Federal Jobs Overseas. Washington, D. C.: U. S. Government Printing Office, n.d.

Lists types of government positions available overseas.

Field, Minna. "Impact of Extended Leisure Time." The Aged, the Family, and the Community. New York: Columbia University Press, 1972.

Summary of some available leisure opportunities which give purpose to life.

Harris, Charles S. Fact Book on Aging: A Profile of America's Older Population. Washington, D. C.: The National Council on the Aging, Inc., 1978.

Chapter three deals with employment of older Americans, labor force participation, characteristics of older workers, and barriers to employment.

Hendricks, Jon and C. Davis Hendricks. "Work, Finances and the Golden Years." Aging in Mass Society: Myths and Realities. Massachusetts: Winthrop Publishers, Inc., 1977.

Older workers have many valuable skills. Flexible retirement programs are discussed. Looks at advanced industrial nations and the newly industrialized Japan for employment practices.

Knopf, Olga. Successful Aging. New York: The Viking Press, 1975.

Discusses the use of leisure time by continuing to work, volunteerism, second careers, helping others, turning a diversion into a hobby, and education.

Laird, Jean E. Your Retirement Hobby Guide. Long Beach, California: American Association of Retired Persons and National Retired Teachers Association, 1973.

Numerous suggestions for inexpensive hobbies for the older adult.

Lee, Robert. Religion and Leisure in America: A Study in Four Dimensions. New York: Abingdon Press, 1964.

Addressed to everyone...even those who think they have no leisure. The author points out that many choose not to have leisure in their pursuit of the material possessions. An overview of the problems and the meaning of work. Discussion of the new trends in leisure, attitudes about leisure time, the misuse of leisure, the influence of religion on leisure, the transition of "holy days" to "holidays," and the influence of the Puritan fathers on leisure. The final chapters discuss the Christian view of time and leisure and gives the reader the O.K. to want and to enjoy leisure and to accept the right to choose these activities.

Lehman, Harold D. In Praise of Leisure. Scottdale, Pennsylvania: Herald Press, 1974.

Leisure can be a plus or a minus, a means of self-fulfillment or a reason for despair. Investigates trends in society which have led to more leisure time. The examination of the work ethic and its relationship to leisure gives the reader a better understanding of the evolution of leisure. Author attempts to build a Christian ethic of leisure and to point out that leisure can be an opportunity for release from pressure and a means of personal and social growth.

Murphy, James F. Concepts of Leisure: Philosophical Implications. New Jersey: Prentice-Hall, Inc., 1974.

Introductory text oriented to the student of leisure studies but could be used by all professionals and lay persons who are interested in developing a philosophy of leisure. Stresses importance of developing a philosophy of leisure in order to have a meaningful pattern of living. Interesting coverage of work and leisure and the influence of leisure upon work.

Olmsted, Barney. "Job Sharing--A New Way to Work." Personnel Journal 56-2 (1977): 78-81.

Job sharing can be beneficial for the older worker who is not completely ready to retire.

Osterbind, Carter C. New Careers for Older People. Gainsville: University of Florida Press, 1971.

The reader may refer to specific papers, in this collection of papers, which describe careers for the elderly. Information on rationale and strategies for employment of older people is included.

Pollak, Otto. "Old Age and Making a Living." Social Adjustment in Old Age. Westport, Connecticut: Greenwood Press, Publishers, 1975.

Looks at the performance of older workers, factors which affect employment, job stability, effect of employment of older workers on compensation insurance rates and cost of group insurance.

Powers, Carol. Your Retirement Job Guide. American Association of Retired Persons and National Retired Teachers Association, 1973.

Contains information on part-time work, job opportunities, turning hobbies into jobs, earning while homebound, franchising and small businesses.

Puner, Morton. "Retirement and Leisure." To the Good Long Life. New York: Universe Books, 1974.

Explores the reason people fear retirement, problems of retirement, and the Protestant work ethic. An overview of the needs and drives of older people and the importance of the consideration of these factors in planning leisure programs.

Rudney, Shirley. "Is Temporary Work For You?" Occupational Outlook Quarterly 22-4 (1978): 12-14.

Contains information about occupational fields that hire temporary help. Discusses temporary help contractors and how to locate them.

Sarason, Seymour. Work, Aging and Social Change: Professionals and the One Life--One Career Imperative. New York: Free Press, 1977.

Attempts to increase understanding about the psychological aspects of aging and its relationship to work.

Smith, Robert Paul. Lost and Found. Boston, Massachusetts: G. K. Hall and Company, 1974.

An illustrated book, written in large print, describing things which are no longer in use such as the hatpin, the ice box, the carpet beater and other household items. Could be used by the older reader to get ideas for a collection or just to use as a fun book about the "good old days."

Stein, Barry, et al. "Flextime: Work When You Want To." Psychology Today 10-1 (1976): 40-43.

One thousand companies and government agencies are testing the European idea of employees working flexible hours.

Sunshine, John. How to Enjoy Your Retirement. New York: AMACOM, 1974.

Suggestions for the retiree on how to use leisure time. Includes avoiding loneliness, leisure activities, suggestions for traveling and working in retirement.

Whitcomb, Meg. "Add to Your Knowledge About Travel." 50 Plus. 19-2 (1979): 28-31.

Travel facts and tips to make the trip more pleasant.

_____. Working in Retirement. Marion, Ohio: Retirement Living Publishing Company, Inc., 1977.

Includes information on starting a business, opportunities in government, and where to look for employment.

COMMUNITY RESOURCES

Atchley, Robert C. "Community." The Social Forces in Later Life: An Introduction to Social Gerontology. Belmont, California: Wadsworth Publishing Company, Inc., 1972.

Looks at political participation, political power and government programs for the elderly.

_____. "Community." The Social Forces in Later Life: An Introduction to Social Gerontology. 2nd ed. Belmont, California: Wadsworth Publishing Company, Inc., 1977.

Social services consist of a wide range of programs which includes: family services, senior centers, nutrition programs, transportation, employment and protective services.

Baumhover, Lorin A. and Joan Dechow Jones. eds. Handbook of American Aging Programs. Westport, Connecticut: Greenwood Press, 1971.

Contains information on planning federal programs and methods of implementation. Discusses direct services to the elderly, volunteer programs, advocacy and ombudsman programs.

Bolch, Eleanor, et al. Information and Referral Services: An Annotated Bibliography. Minneapolis: Institute for Interdisciplinary Studies American Rehabilitation Foundation, 1972.

Data about information and referral services for professionals and persons who are interested in human services.

Cull, J. G. and R. Hardy. eds. The Neglected Older American. Springfield, Illinois: Charles C. Thomas Publishers, 1973.

Contributions of various authors. Some of them deal with establishing counseling, activity, and voluntary programs. Suggestions for implementation are included.

Hendricks, Jon and C. Davis Hendricks. "The Aged in the Political Arena." Aging in Mass Society: Myths and Realities. Massachusetts: Winthrop Publishers, Inc., 1977.

The older group are not considered a unified or powerful group but they may become a stronger political force in the future. Review of the emergence of age-based interest groups from 1930 to the present.

Hendrickson, Andrew. A Manual on Planning Educational Programs for Older Adults. Tallahassee: Florida State University, 1973.

A manual for the new program planner. The section dealing with "Understanding the Older Adult and His Needs" would be helpful for all program planners.

Jacobs, Bella. Senior Centers: Options and Actions. Washington, D. C.: The National Council on the Aging, Inc., 1975. Ninth National Conference of Senior Centers.

Report of the project's study is a useful guide for organizing and providing multipurpose services for the older population.

Korim, Andrew. Older Americans and Community Colleges: A Guide for Program Implementation. Washington, D. C.: American Association of Community and Junior Colleges, 1974.

Report of a study of gerontological efforts of two-year institutions of higher learning in the United States. Included are thirteen appendices for program implementation and specific course outlines.

Lamb, Tony and Dave Duffy. "A Model of What Can Be Accomplished: Ventura County, California." The Retirement Threat. Los Angeles: J. P. Tarcher, Inc., 1977.

A "how to" chapter on getting programs developed in your area. An account of some of the programs of Ventura County to be used as a guide.

Merrill, Toni. Activities for the Aged and Infirm: A Handbook for the Untrained Worker. 3rd ptg. Springfield, Illinois: Charles C. Thomas Publisher, 1972.

Could be used as a resource for those in charge of planning social programs for the older adult. Contains guidelines for developing leadership skills, suggestions for programming, and lists games and activities.

O'Brien, John E. Evaluative Research on Social Programs for the Elderly. U. S. Office of Human Development. Washington, D. C.: Government Printing Press, 1977.

A collection of readings. Focuses on an evaluation of programs for the elderly.

Vickery, Florence E. "Development and Administration of Social Programs for Older Adults." Creative Programming for Older Adults: A Leadership Training Guide. New York: Association Press, 1972.

Review of the development of social programs and multipurpose senior centers. Looks at membership in these centers, methods of getting people involved, and guidelines for developing leadership in older adults.

LEGISLATION AND FUNDING

Anderson, William A. and Norma D. Anderson. "The Politics of Age Exclusion: The Adults Only Movement in Arizona." The Gerontologist 18 (1978): 6-12.

A report of the Adults Only Movement (AOM) in Arizona which was influential in the passage of legislation to legalize adult communities in Arizona.

_____. Annual Register of Grant Support 1978-1979. 12th ed. New York: Academic Media, 1977.

Includes information on grant support programs of government agencies, foundations, corporations, unions, educational and professional associations and special-interest organizations.

Cohen, Lilly and Marie Oppedisano-Reich. A National Guide to Government and Foundation Funding Sources in the Field of Aging. New York: Adelphia Press, 1977.

Comprehensive coverage for grant seekers in the field of aging.

Conrad, Daniel Lynn and the Research and Development Staff of the Institute for Fund Raising. The Grants Planner: A Systems Approach to Grantsmanship. San Diego, California: Learning Resources Corporation, 1976.

Combination of background information, "how-to" proceed, and a twelve step method encompassing all the important aspects of successful grantsmanship.

Fritz, Dan. "The Administration on Aging as an Advocate: Progress, Problems, and Prospects." The Gerontologist 19 (1979): 141-150.

Discusses the history of AoA's role as an advocate for the elderly, emphasizes present agency activities, and examines problems and prospects for the future agency role. Reorganization and legislative changes are presented.

Hennessey, Paul. The Grant Writer's Handbook 1978-1979. San Diego, California: Learning Resources Corporation, 1978.

Companion volume to The Grants Planner, this book provides up-to-date tools to help proposal writers. Includes information on how to use a consultant, worksheets to use, forms for data gathering and training exercises.

Hudson, Robert B. "The 'Graying' of the Federal Budget and its Consequences for Old-age Policy." The Gerontologist 18-5 (1978): 428-440.

Competitive political pressure and the high cost of programs may effect political resources and the future expansion of benefits. The disadvantaged minorities will be the victims.

Hunter, Woodrow W. Cooperation Between Industry and Labor in Retirement Education. Division of Gerontology and Institute of Labor and Industrial Relations. Ann Arbor: The University of Michigan, 1965.

Primary purpose of the project was to train discussion leaders for preretirement education programs. Also created the basis for the cooperative effort of union and industry. Could be used by others interested in a similar accomplishment.

Kerschner, Paul A. "Changing Legislation: Its Effect on Programs." Aging Prospects and Issues. 4th ptg. Edited by Richard H. Davis. California: The University of Southern California Press, 1977.

Discusses current problems of inter-governmental rivalry, concerns in legislation and the effect of legislative action on the elderly.

_____, ed. Advocacy and Age: Issues, Experiences, Strategies. California: The University of Southern California Press, 1976.

Includes an overview of advocacy. Part two of the book provides case studies on advocacy by and for the older population. Maggie Kuhn, Convenor of the Gray Panthers, and Hobart C. Jackson, Executive Director of the National Black Caucus, are two of the authors.

Kerschner, Paul A. and Ira S. Hirschfield. "Public Policy and Aging: Analytic Approaches." Scientific Perspectives and Social Issues. New York: D. Van Nostrand Company, 1975.

Analysis of policy making and its relationship to programs and implementation.

Lamb, Tony and Dave Duffy. "Plan to Fight: A Short Course in Senior Advocacy." The Retirement Threat. Los Angeles: J. P. Tarcher, Inc., 1977.

Explains how to become a senior advocate, how to organize a group, how to get government responsiveness to the needs of the elderly, and how to get the attention of influential people.

Lewis, Marianna O., ed. The Foundation Directory. 6th ed. New York: The Foundation Center, 1977.

Gives names, addresses, and a brief summary of each foundation and what they will fund.

Office of Management and Budget. Catalog of Federal Domestic Assistance. Washington, D. C.: Government Printing Office, 1977. Published annually.

Describes United States government domestic programs. Identifies types of assistance to individuals, state and local governments.

Pratt, Henry J. The Gray Lobby. Chicago: The University of Chicago Press, 1979.

Overview of the development of federal policy for the aging. Examines the effects of interest-group participation.

Rule, Wilma L. B. "Political Alienation and Voting Attitudes Among the Elderly Generation." The Gerontologist 17 (1977): 400-404.

The next generation of retirees will cast more ballots and be more politically liberal in orientation and politics. They will expect a greater voice in program development.

Turner, Roland, ed. The Grants Register 1978-1979. 5th ed. New York: St. Martin's Press, 1976.

Primarily for those who require further advanced vocational or professional training.

United States. Federal Register. Washington, D. C.: Government Printing Office, 1936 to date. Published daily.

Contains current regulations and legal notices for all federally funded programs.

White, Virginia. Grants: How to Find Out About Them and What to Do Next. New York: Plenum Press, 1975.

An excellent resource for the new grantsperson.

Wilson, Betty L. and William K. Wilson. Directory of Research Grants. Phoenix, Arizona: Oryx Press, 1977.

Contains information on funding. Includes a bibliography on sources for funding and the techniques of proposal writing.

SELECTED FILMS ON AGING

Aging, CRM Educational Films, Del Mar, California, 1973, color, 22 min.

Explores patterns of aging through interviews. Common stereotypes are examined and refuted.

All Hand Work, U. of C. Extension Media Center, Berkeley, California, 1970, color, 15 min.

Portrait of a 73 year old mountaineer who plays his banjo and sells homemade articles at festivals and fairs.

Art of Age, ODCE, Portland, Oregon, 1970, color, 27 min.

Four individuals narrating their own lives which are active and diverse.

Bubby, U. of C. Extension Media Center, Berkeley, California, 1968, 5 min.

Portrait of an older woman by a young man. A delightful, sensitive film about his grandmother.

The Bunco Boys and How to Beat Them! William Brose Productions, Inc., North Hollywood, California, 1975, color, 21 min.

Exposé of three common fraudulent practices.

Don't Stop the Music, State Agencies on Aging, free, color, 17 min.

Portrays active older adults and emphasizes that more people could also become involved with some help.

Financial Planning For the Later Years, Audio-Visual Center, University of Michigan, n.d.

Need for financial planning is demonstrated through an older couple's discussion.

Health During the Retirement Years, Audio-Visual Center, University of Michigan, n.d.

An older man's physical illness demonstrates problems of self-diagnosis, fear of doctors, and the use of over-the-counter medications.

Housing Options for Older People, DCA Film Library, Cornell University, Ithaca, New York, 1974, 28 min.

Explores options for housing and living arrangements.

I Never Sang for My Father, United Artists, New York, color, 92 min.

Deals with the inability of family members to communicate their real feelings after the mother's death.

I Think They Call Him John, U. of C. Extension Media Center, Berkeley, California, 1970, 10 min.

The realities of aging are portrayed by a lonely old man.

Inside-Outside, University of Iowa, Ames, 1968, black and white, 29 min.

Focuses on the realities of old age.

The Last Day on the Job, Audio-Visual Center, University of Michigan, n.d.

How the older and younger persons feel about a retiree's last day on the job.

The Millstone Sewing Center, Appalshop, Inc., Whitesburg, Kentucky, color, 10 min.

A brief documentary about an OEO community project which involves old and young women making clothes from cast-off clothing.

Minnie Remembers, Mass Media Ministries, Baltimore, Maryland, 1976, color, 5 min.

Deals with the importance of love, touch and interaction. Suggested usage is to compare and contrast with the film "Peege."

Nell and Fred, McGraw-Hill/Contemporary, San Francisco, California, n. d., black and white, 28 min.

An old couple face the problem of infirmity and how to manage at home or in an institution.

Never Give Up: Imogene Cunningham, U. of C. Extension Media Center, Berkeley, California, n. d., color, 28 min.

Noted photographer at age 92 discusses her photography, her life, and her thoughts on various topics such as death and dying.

Occupant in the Single Room, U. of C. Extension Media Center, Berkeley, California, 1974, color, 20 min.

Documentation of the slum conditions in one of New York City's one room-occupancy hotels, Living under these deplorable conditions is the tenants' only alternative.

Of Time, Work and Leisure, University of Illinois, 1968, black and white, 30 min.

Our work oriented society may have lost its ability to enjoy leisure, know the self, and relax. Based on Sebastian de Grazia's study.

Old, Black and Alive, Project on Aging, University of Washington, Seattle, Washington, 1974, color, 28 min.

Produced by the National Center on Black Aged. Portrayal of humor and love.

Old One's, U. of C. Extension Media Center, 1964, black and white, 28 min.

Examines different programs in Denmark such as nursing homes, age-segregated towns and home care.

Older Worker and Pressures on the Job, Audio-Visual Center, University of Michigan, n.d.

An older man in an industrial job tries to keep up with the younger group. Reactions of the younger group.

One Time Around, Audiovisual Instruction, Portland, Oregon, 1974, color, 16 min.

A young man comes to grips with life and death during his work with retired citizens.

Peege, U. of C. Extension Media Center, Berkeley, California, n.d., color, 28 min.

A Christmas visit to Grandmother in an institution dramatically portrays the contrast between her past and present roles. Deals with the adjustment of the various family members to these changes.

Pensions: The Broken Promise, (NBC Reports Series) Audiovisual Instruction, Portland, Oregon, 1972, color, 38 min.

Examines the realities about private pension plans. Illustrates through case studies realities and misconceptions about pensions.

Positive Preretirement Planning: A Teaching Model, Maddron and Maddron, Eugene, Oregon, 1977, color/sound, 27 min.

Documentary of an actual class conducted by the University of Oregon Center for Gerontology. Recommended showing after presentation of companion film, Retire? Who? Me?

The Priory Method, Audiovisual Instruction, Portland, Oregon, n.d., color, 20 min.

Documentary on old, regressed patients who are stimulated to leave their passive roles and assume a more active, enjoyable lifestyle.

Rest of Your Life, Administration on Aging, Washington, D. C., 1970, color, 28 min. (free)

Workers of all age-groups examine aspects of retirement.

Retire? Who? Me? Maddron & Maddron, Eugene, Oregon, 1976, color/sound, 31 min.

Participants in preretirement education program at the University of Oregon Center for Gerontology share their fears and expectations. For preretirees and retirement educators and counselors.

Retired and Home All Day, Audio-Visual Center, University of Michigan, n.d.

Points out the problem of the husband being home all day.

Retired and Living With One's Children, Audio-Visual Center, University of Michigan, n.d.

Problems and feelings which emerge when a widower moves in with his son and his family.

The Search for Eternal Youth, University of California, Berkeley, California, 1972, color, 22 min.

Examines the ways the older population from the higher socio-economic group grasp at rejuvenation practices which are often questionable. Comments by a psychiatrist.

Senior Power and How to Use It, William Brose Productions, Inc., North Hollywood, California, 1975, color, 19 min.

Explores methods of protection for the older adult.

The 64th Birthday, Audio-Visual Center, University of Michigan, n.d.

An introductory film for a preretirement program. An older man and woman report their feelings about his 64th birthday.

Springtime of Autumn, Oregon Center for Gerontology, Eugene, Oregon, 1971, color, 20 min.

Documentary on a foster grandparenting program for retarded children in Salem, Oregon.

That's What Living's About, (Produced by City of Torrence, California Parks and Recreation) U. of C. Extension Media Center, Berkeley, California, 1973, color, 19 min.

Explores leisure time activities, uses and misuses of leisure, and leisure in the retirement years.

Their Special Needs, Photo & Sound Service, Seattle, Washington, n.d., color, 15 min. (free)

Shows various foster grandparent roles and the personal satisfaction derived.

The Therapeutic Community, University of Michigan Television Center, Ann Arbor, Michigan, n.d., color, 28 min.

Filmed at Ypsilanti State Hospital. Summary of results of the Division of Gerontology, University of Michigan study to learn methods of rehabilitation of older mental patients.

The Third Age: The New Generation, (National Benevolent Association) Audio Visual Services, Indianapolis, Indiana, n.d., color, 15 min.

A challenge to older adults to become involved in change and new activities.

This is the Day I Go to School, Public Schools, Tigard, Oregon, n.d., 15 min.

Senior citizens are involved in the public schools in Tigard, Oregon.

To Live Til You Die, Audiovisual Instruction, Portland, Oregon, 1965, black and white, 60 min.

Explores contrasting views of aging in Sweden and Italy.

We've Come of Age, National Council of Senior Citizens, Film Section, Washington, D. C., n.d., black and white or color, 12 min.

Accomplishments of the older generation are cited. Older persons are encouraged to unite for their own personal well-being.

What You Do Speaks So Loud, Fred McFarland, Seattle, Washington, n.d., color, 15 min. (free)

Participants discuss the rewards of being involved in RSVP.

When Parents Grow Old, ODCE, Portland, Oregon, 1972, color.

A young man wishing to marry has to make some decisions about his aging parents.

Why Must Our Elderly Die Alone, Maddron & Maddron, Eugene, Oregon, n.d., color, 29 min.

Attempts to persuade a change in the attitude about the experience of dying. Offers suggestions on how to do this.

Woo Who? May Wilson, U. of C. Extension Media Center, Berkeley, California, 1969, color, 33 min.

Portrait of a sixty-three year old woman who changes her lifestyle. Focuses on her move from the country to New York to start a new life. Her positive growth and satisfying life experiences are an encouragement for other older persons.

You'll Get Yours When You're 65, U. of C. Extension Media Center, Berkeley, California, 1973, color, 40 min.

Expose' of the shocking cases of Social Security benefits being discontinued due to technicalities. Enlightened programs of West Germany are compared to United States benefits. Includes Congressional policies and policies of federal administrators.

SELECTED FILMSTRIPS AND OTHER AUDIO VISUAL MATERIALS

Be Joyful Unto Life: Reduce Stress, Health Education, Inc., San Francisco, California, videocassette, color, 36 min.

Participants in a senior center practice stress reduction through the use of deep breathing exercises, exercise, and meditation.

Help Yourself to Better Health, Society for Nutrition Education, Berkeley, California, 1976, videocassette, color, 16 min.

Interesting presentation on the importance of food selection, good nutrition, and the social aspects of nutrition. Includes congregate nutrition programs.

The Gray Panthers: Wrinkled Radicals, Telektics, Franciscan Communications Center, Los Angeles, California, 1975, color, 15 min.

Maggie Kuhn speaks out on how to make growing old a time of using options and for liberation.

How Would You Like to be Old? Lane Council of Governments, Public Service Building, Eugene, Oregon, n.d., 2 filmstrips, 2 cassettes.

Looks at societal penalization of the aged and society's viewpoint on death and dying and the resultant treatment. Encourages more humaness in treatment, policies and attitudes.

Human Sexuality with Aging, TRAINEX Corporation, Garden Grove, California, 1976, color, 15-20 min.

Overview of aspects of aging and sexuality in the older adult.

Loss and Grief, Concept Media, Costa, California, 1973, filmstrips, 20 min. each.

Filmstrip No. 1. Loss. Examines the numerous types of loss which confront the older adult.

Filmstrip No. 2. The Grief Process. Surveys the grief process, stages of grief, adaptive and maladaptive grieving, and prolonged and excessive grief. A sensitive filmstrip which discusses the many types of loss and the importance of working through the grief process.

Filmstrip No. 3. When Someone is Grieving.... Information on helping the grieving person. Examples of support for the grieving person, maladaptive grieving, and appropriate responses or interventions.

Filmstrip No. 6. A Marriage Ending: Frank & Jenny. Discusses losses experienced in separation or divorce.

Perspectives on Aging, Concept Media, Costa, California, n.d., 5 filmstrips, 20 min. each.

Filmstrip No. 1. Myths and Realities. Presents common misconceptions about the aged and explores common problems of this age-group.

Filmstrip No. 2. Physical Changes and Their Implications. Presents physical and psychological changes in aging.

Filmstrip No. 3. Implications for Teaching. Factors which influence the elderly and affect their learning. Could be used to increase understanding of older people.

Filmstrip No. 5. "Old People's Home" A Poetic Essay on Aging. Society tends to institutionalize the older population and forget about them.

Perspectives on Dying, Concept Media, Costa, California, n.d., 5 filmstrips, 20 min. each.

Filmstrip No. 1. American Attitudes Toward Death and Dying. Discusses attitudes about death and dying, controversial issues, and discussing these topics with friends and family.

Filmstrip No. 2. Psychological Reactions of the Dying Person. Focuses on the nature of coping mechanisms, reactions to own death, and the dying's emotional reaction.

Filmstrip No. 3. Hazards and Challenges in Providing Care. Addressed to the health-care professional. Discusses the care of a dying patient.

Filmstrip No. 4. Guidelines for Interacting With the Dying Person. Focuses on the effect of fatal illness on personal dignity and the nurse's relationship to the dying patient. Looks at empathic and sympathetic responses and gives an example of a therapeutic interaction.

Filmstrip No. 5. Viewpoint: The Dying Patient. Case study of a young man and how he deals with his imminent death.

Planning and the Third Age (series one), University of Nebraska, Omaha, Nebraska, 1976, color, slides.

Contains instructional materials for planning ten different sessions. Includes a text, slides, and games.

Planning and the Third Age--Especially for Women (series three), University of Nebraska, Omaha, Nebraska, 1976, color, slides.

Contains instructional materials for six sessions on topics pertinent for women in mid-life and older.